

*There's a Chef
in my Kitchen!!!*



"A recipe book with a difference"

JWBS



Reggies®

Home is where your family is

For your closest Reggie's store call 011 606-3700

www.reggies.co.za

There's a Chef in my Kitchen!!!

A note on how to use this recipe book!

Being 'a recipe book with a difference', this recipe book is **not** divided into sections like most recipe books are but has rather been categorized according to the name of each person who shared their recipes, time, knowledge and stories and, therefore, helped make this book possible. The chefs and caterers who participated in this project were invited to submit as many or as few recipes as they liked and we decided to keep their recipes together which means it is possible that you will find a soup and dessert on the same page! It also means that there might be more than one recipe for the same item!

*To find the recipes of a specific chef or caterer you will need to look at our 'List of Contributors'.
To find a specific recipe and the page it is on you will need to use the 'Recipe Index'.*

Thank **YOU** for supporting our project and purchasing "*There's a Chef in my Kitchen!!!*"
May you indulge in a celebration of good food, good company,
good times and many, many celebrations!!!!



JEWISH WOMEN'S BENEVOLENT SOCIETY

Fund Raising No. 001-211-NPO

T"01

85 George Avenue
Sandringham Gardens
Sandringham 2192
email: jwbs@icon.co.za
P O Box 28952
Sandringham 2131
Tel/Fax 485 5232

To our dear Pivotal Committee

I write to you to express our sincere appreciation for all your efforts in producing this masterpiece of a recipe book for the Jewish Women's Benevolent Society.

My thanks to you all must be manifold: not only have you created a stunning fixture which will shine in so many kitchens, but you have also assisted our Society by raising the huge funds which are always necessary to keep the Benevolent alive so that we can carry out our mission - to assist the many needy people in our Community to live with dignity by providing them with food, clothing, shelter and friendship.

I salute your Branch which is a treasure chest of caring and benevolent ladies who have voluntarily spent endless hours perfecting this Collection of Recipes and spreading our good name throughout the Community in which we live.

You should all be proud of your magnanimous efforts in bringing this production to fruition. It is truly a celebration of each of your warm and understanding natures.

Kol Hakavod to you all on this magnificent masterpiece!

Best wishes
Linda Shneier
CHAIRMAN
JEWISH WOMEN'S BENEVOLENT SOCIETY

Foreword

The Jewish Women's Benevolent Society is the oldest woman's organization in Johannesburg providing food, shelter, clothing and education to the very many who are needy in our community. As a means of raising funds for this most worthwhile and vital organization, the Pivotal branch of the Jewish Women's Benevolent Society decided to create 'a recipe book with a difference', a recipe book that is innovative, novel and, we hope, inspiring. A tall order, you might think, but as the idea took wings so did the concept and we have tried to produce a book that is unique in content, style and format, containing ideas that are both contemporary and classic.

An invitation was extended to well-known chefs, caterers and professionals in the hospitality industry in South Africa and abroad to participate in this project. Our invitation was warmly received and we are most grateful to all those who came to the party and so graciously submitted their own best ideas, tried and tested menus and/or recipes for us to use in this book. Each person who contributed sent their recipes in via e-mail or fax and we have, **wherever possible**, reproduced material in a way that has enabled it to retain its own special essence. Thus, the style of the book is by no means uniform but rather each contribution has its very own flavour! Having had access to such a selection of ingredients enabled this book to become a reality and we are most grateful to each and every person who has contributed towards making ***"There's a Chef in my Kitchen"*** the unique book that it is, the result of which you are now holding in your hands!

A project of this nature requires financial aid and an enormous thank you goes to each one of our sponsors and advertisers who have given so graciously to help ensure the success of this project. Due to their generosity it was possible to cover the cost of printing this book in its entirety and, as a result, **all** proceeds from the sale of these books will go to the Jewish Women's Benevolent Society.

Heartfelt thanks are also extended to Howard Rabinowitz and all at Rarofin Printers for their unlimited patience, artistic talent, valuable advice and quality workmanship, without which this recipe book could not have become a reality.

Our committee, Leigh Brouze, Fiona Cahn, Adrienne Gobetz, Brenda Mulero, Janine Seligman, Tracey Trapido and Glynne Wolman had a lot of fun compiling this recipe collection and it is our hope that when you use these recipes, you will not only be preparing delicious meals, but that you will also derive a sense of joy from knowing that by purchasing this particular recipe book you have helped those less fortunate than yourselves and that your generosity in supporting this project will go a long way towards enabling the Jewish Women's Benevolent Society to fulfil its pivotal role in our community.

List of Contributors

Hats off to every one of you!!

	Pages
Alan Bender	7-17
Alexander's	19-20
Alexis Kriel	21-24
Amy Gamsu	25-27
Angela Day	29-34
Anna Montali	35-36
Annette Kesler	37-40
Avron's	41-43
Brad Pass	51-54
Bev Cohen & Heather Gluckman	45-49
Bread Basket	55-56
Brenda Steinfeld	59-63
Caron Melamed	65-68
Catering by Toubins	69-71
Contessa	73-79
Delores Fouché	81-90
Dulcie Braude	91-95
Elana Wainer	97-100
Ellenor Sacks	101-103
Elinor Starkey Helpful Hints	291-292
Estelle Sacherowitz	105-108
Europa Rosebank	109-110
Evita Bezuidenhout	111-113
Favourite Kitke	224
Fay Lewis	115-118
Feast	119-122
Felicia Kahn	123-125
Frangelica's	127-133
Gloria Rootshtein	135-141
Hilary Biller	143-145

Ina Paarman	147-150
Isabel Romberg	151-154
Jana Huefner	155-157
Jenny Diner	159-162
Jewish Princesses	163-166
Judith Lee Food and Wine	188-189
June Edulmuth	167-172
Kevin Morin	173-176
Liquid Chefs	177-179
Lisa Brink	181-187
Michael & Ghita Block	191-194
Myrna Rosen	195-198
Norrie Caterers	199-203
Origin of the word 'Kitke'	221
Otto de Jager	280
Pauline Carr	205-209
Philip Carr	210
Racheali Miller	222
Raizon Girls	211-217
Reubens	219-220
Rochel Goldman	223
Sharon Glass	225-230
Sharon Lurie	231-236
Shelley Bloch	237-240
Shelley Geffen	241-244
Shirley Meyerowitz	245-256
Simply Southern	257-260
Stan & Pete	261-265
Stan Shmukler	266
Susan Greig	269-273
Tamara LePine Williams	275-279
Tasha's	281-282
The Grillhouse Rosebank	289-290
Thelma Gluch	283-287
Yiddish to English glossary	267-268
Recipe Index	293-298

Conversion Table :

1ml	– ¼ tsp
2ml	– ½ tsp
5ml	– 1 tsp
10ml	– 1 Dstsp
15ml	– 1 Tbsp
60ml	– ¼ cup
80ml	– ⅓ cup
125ml	– ½ cup
160ml	– ⅔ cup
180ml	– ¾ cup
250ml	– 1 cup
1 litre	– 4 cups

Liquid Measurements

30ml	– 1 fl oz
125ml	– 4 fl oz
250ml	– 8 fl oz
500ml	– 16 fl oz
600ml	– 20 fl oz – 1 pint
1 litre	– 32 fl oz – 1 ¾ pint

Oven Temperatures

C	f	gas
100	200	
140	275	1
160	325	3
180	350	4
200	400	6
220	425	7
240	475	9
260	500	9

Weights

30g	– 1 oz
60g	– 2oz
90g	– 3oz
125g	– 4oz
150g	– 5oz
180g	– 6oz
210g	– 7oz
250g	– 8oz
300g	– 9oz
310g	– 10oz
375g	– 12oz
500g	– 1lb or 16oz
750g	– 1 ½ lbs
1kg	– 2lbs

Dry Measurements

30g	– 1oz
125g	– 4oz – ¼ lb
250g	– 8oz – ½ lb
500g	– 16oz – 1lb
1kg	– 32oz – 2lb

Some useful conversions – weight equivalent to 250ml (1 cup)

Butter = 250g
 Cocoa = 100g
 Coconut = 80g
 Currants and raisins = 150g
 Custard powder = 130g
 Dates, chopped = 150g
 Cake flour = 150g
 Oats = 90g
 Sugar = 200g
 Castor sugar = 210g
 Icing sugar = 130g



Alan Bender

“I qualified as a chef in 1990 and have been involved in food for 25 years. Most of this time has been spent in the kosher market where I have, over the years, accumulated many recipes. A few of the recipes here come from one of my many collections. I hope you enjoy cooking them as much as I enjoyed working on them.”

Smoked Salmon & Sweet Cucumber Salad

Serves 4 – 6

100ml white wine
1Tbsp fresh grated ginger
10ml olive oil
1 medium English cucumber peeled, seeded & sliced
1Tbsp brown sugar
30ml balsamic vinegar
1 packet of mixed lettuce or make a mix of your own
100g of smoked salmon per person
Salt & pepper to taste

Dressing first

Mix the wine, ginger, olive oil & brown sugar, bring to the boil & immediately remove from the heat, allowing the dressing to cool.

When cool, add the balsamic vinegar, then season with salt & pepper to taste.

Salad

Arrange the sliced cucumber & lettuce on the plate.

Fold the salmon into rosettes & place on the salad base.

Dress & enjoy.

Cook's Tips

I like my salad more substantial, so add what you like besides what the recipe calls for.

Fresh asparagus & boiled chopped egg works well in summer but anything goes with this dressing.

Baked Yellowtail with a Thai Cream Sauce

4 x 180g portions of yellowtail with skin on or, for ease, use 1 whole fillet
250 ml cream or Orley Whip
2 chillies, seeded & chopped
Fish spice
Salt & pepper to taste
Olive oil
2 Tbsp butter or margarine
2 green peppers, finely sliced
1 pack of any fresh herb roughly chopped (I like coriander)

Season the fish with salt, pepper & fish spice to the degree you like, keeping in mind the sauce has a mild kick.

Melt the butter & add 50ml olive oil, fry the fish in this for 3 mins on each side, transfer the fish to the oven and bake at 180°C while you make the sauce.

In the same pan as you fried the fish, add the green peppers & fry for 1 min.

Add the cream & herbs, then simmer for 10 mins, adding the chilli just at the end.

Take the fish from the oven & place on the centre of the plate, pour sauce over the fish & eat immediately.

Cook's Tips

I serve this dish on a bed of sautéed spinach & with grilled vegetables on the side.

If you don't like chilli, substitute with lemon juice & a little lemon zest so that it becomes a lemon cream sauce.

Red Roman with a Tomato Basting

**2 large Red Romans
(or any line fish)
cleaned & deboned
(season the inside with fish seasoning)
Oil, salt & pepper for rubbing**

Tomato Basting:

**1 tsp crushed garlic
2 Tbsp chopped parsley
100ml tomato sauce
50ml vinegar
1 lemon (juice & zest)
1 good pinch of salt
A little black pepper
Bring all the ingredients to the boil
& baste the fish while cooking.**

Braai in the kettle or bake in the oven at 220°C.

Make slits on the outside of the fish & rub well with salt, pepper & oil.

Pour about $\frac{1}{3}$ of the tomato basting inside the fish, pour the balance over, then close the fish & place in the oven.

Bake for 35 minutes & serve immediately.

Baked Fillet of Line Fish with a Yoghurt Sauce

**1 large fillet of salmon (skin on) or hake
100g butter for basting
Fish seasoning to taste
2 lemons, sliced**

Yoghurt Sauce:

**200ml plain yoghurt
50 ml mayonnaise
1 teaspoon mixed dried herbs
1 hot chilli, seeded & sliced
Mix the ingredients together & serve
over the fish when ready.**

Preheat the oven to 200°C.

Place the fish skin side down on a lightly oiled baking tray.

Season the flesh side, place the butter in blobs over the fish & cover the fillet with sliced lemon like fish scales.

Bake for 25 minutes or until done & serve with the yoghurt sauce.

Beef & Red Wine Casserole

750g beef cubes
2 medium onions
500ml red wine or old kiddush wine
½ cup tomato sauce
2 tsp mixed herbs
500g baby potatoes
500g any other hard vegetables (parsnips, carrots, butternut etc)

Preheat the oven to 180°C.

In an ovenproof dish with a well fitting lid, place all the ingredients & season with salt, pepper & your favourite beef spice, then bake for 90 minutes.

Check the liquid in the roaster & top up with water if needed.

Cook's tips

To make your roast softer: cook it in advance, slice it & freeze. When you defrost the dish & reheat the meat, it will be a lot softer. This recipe can be doubled & is even better reheated. If you don't want to use wine, replace with beef stock.

Classic Pepper Steak with Thyme Potatoes

This is a very simple dish despite the 3 stages.

For The Steak

4 steaks seasoned with your favourite meat seasoning
2 Tbsp black pepper, roughly ground
25ml olive oil
1 cup red wine (old kiddush wine is great)
1 Tbsp chopped fresh thyme
2 Tbsp citrus marmalade
1 Tbsp any good vinegar

Preheat the oven to 220°C.

Toss the potatoes with half the thyme, oil & salt & place in a roaster & roast for 35 minutes.

Season the steak & place it in the oven 15 minutes before the potatoes are done, to roast.

Make the sauce by bringing all the steak ingredients to the boil.

Place on a platter & serve.

Cook's tips :

To make this dish with vegetables, add some butternut to the potatoes as well as either frozen baby carrots or fresh baby carrots.

Fresh asparagus will also go down well.

If you are not a big red meat eater, switch the steak for chicken breast or a nice fillet of fish.

For the potatoes

600g potatoes, peeled & cubed
6 cloves of garlic (optional)
1 small packet of fresh thyme
50ml oil
Salt for seasoning

Braised Shin of Beef

There is an old saying in food: "the tougher the cut, the more the flavour, the longer it needs to be cooked". This best describes this dish!

2kg of cubed beef shin
50 ml oil
2 onions, sliced (red if you can find)
3 large carrots, peeled & cut chunky
2 turnips, peeled & cut into wedges
2 sticks of celery, cut chunky
1 butternut, peeled & cubed
1 bay leaf
2 Tbsp of honey
1 litre of instant beef stock
1 cup of red wine

Preheat the oven to 160°C.

In a large pan, season & brown the meat on all sides, then place it into a casserole dish.

Using the same dish, fry the vegetables for 10 minutes & pour these into the casserole dish.

Pour a cup of stock into the pan & simmer to remove any of the remaining meat & vegetable bits.

Pour the stock, wine & bay leaf into the casserole dish & mix everything together.

Place in the oven & bake for 3 hours.

Every hour remove from the oven, skim any fat off the surface & stir.

Season to taste & serve.

Cook's tip

This dish goes down very well with mash potatoes.

Very Slow Cooked Brisket with Roast Gravy

Serves 8

2kg rolled brisket
10 pieces garlic (optional)
1 tsp mixed herbs
Your favourite roasting spice, enough to season well
4 onions, cut in half
4 large carrots, peeled & cut chunky
500g baby potatoes, washed well
50ml honey
100ml sunflower oil

Preheat the oven to 140°C.

Cut small slits into the brisket & insert the garlic pieces.

Season well with roasting spice & sprinkle on a little mixed herbs.

Roll up the brisket very tightly in heavy-duty foil & seal the ends closed.

Place the roast in a deep dish with one cup of water in the bottom & cook for 5 hours.

Keep on topping up the water during cooking.

In the last hour, remove the meat from the roaster & open the foil and then unroll the meat.

In the same pan place the onions, carrots & baby potatoes, 100ml oil & honey with just enough water to cover them.

Then place the meat back into the pan & roast for another hour.

Serve hot with its own vegetables & a nice salad.

Cooks Tip

If not enough of the water has cooked out to form a nice gravy, remove the meat & place the roaster on the stove & on high, simmer the gravy until the sauce has thickened.

Cottage Pie

A good, comfortable dish to cook & eat or prepare & store in the freezer

**1kg mince
3 onions, chopped
2 carrots, grated
Oil for frying
2 tsp mixed herbs
½ cup tomato sauce
1 tsp garlic (optional)
Salt & pepper to taste**

Mix the onion, carrot & mince & brown in hot oil.
Add the balance of the ingredients & bring to the boil.
Now top up with water so that the liquid is about the same level as the mince & simmer.
Keep mixing the mince so that the bottom does not burn & season with salt & pepper to taste.
After about 45 minutes the mince should be cooked but must not be sloppy.
Pour the mince into the ovenproof serving dish you will be using & set aside.

Mash Topping

**1 kg peeled potatoes, cubed for faster cooking
1 tsp salt
2 egg whites beaten to a firm peak stage
1 Tbsp schmaltz to make the mash richer**

Boil the potatoes with the salt until they are nice & soft.
Drain most of the water & mash the potatoes with the schmaltz.
Fold in the egg whites & spread or pipe the mash over the mince.
Bake at 220°C for 15 minutes or until the mash is golden brown.

Cook's Tips

Double the quantity & freeze for later.
Garlic & chopped parsley go very well with the mash.

In loving memory of Maurice and Doreen Shapiro.

Any Time Mango Chicken Bake

Serves 6 people

1kg chicken breasts

Sauce

2 tsp crushed garlic

2 red chillies, seeded & chopped

300g fresh mango

2 Tbsp brown sugar

1 tsp ground or fresh ginger

50 ml tomato sauce

Salt & pepper to taste

Preheat the oven to 200°C.

To make the sauce, just mix everything together cold.

Lay the chicken breasts flat in an ovenproof dish & pour the sauce over.

Bake covered for 45 minutes & serve.

Cook's Tip

You can use whole chickens or chicken portions.

Southern Fried Chicken

1 cup cake meal

1 cup matzo meal

4 eggs, lightly beaten

1 tsp salt

1 tsp paprika

1 tsp chicken spice

1 tsp garlic salt

½ tsp pepper

1 chicken, cut into portions & skin removed

Oil for frying

Preheat the oven to 200°C & heat up the oil for deep-frying.

Combine all the seasoning with the matzo meal.

Dip the chicken into the cake meal & dust off the surplus.

Then dip the chicken into the egg & crumb well in the seasoned matzo meal.

Deep fry the chicken in hot oil, drain on brown paper & then pop into a hot oven for 20 minutes to ensure the chicken is cooked through.

Cook's tips

If you like your food spicy, just add more spice.

This dish freezes very well & is great hot or cold.

Chicken or Turkey a la Orange

2 chickens

Poultry spice, salt & pepper for seasoning

2 large oranges (zest & juice) or ½ a cup of orange juice

3 Tbsp of any nice citrus marmalade

A little oil

Peeled carrots, onion & any vegetable scraps for roasting pan

Preheat the oven to 220°C.

Rub the chicken with a little oil & season to your taste.

Then stuff the chicken.

Place the chicken on the peeled carrots in an oven roaster & roast open for 30 minutes.

Remove from the oven & pour off any excess fat.

Rub the chicken with the marmalade.

Roast for another hour or until done.

Pesach Stuffing

1 onion, chopped

1 red pepper, chopped

2 cloves garlic, chopped

50ml oil

1 cup matzo meal

2 carrots, grated

2 sticks of celery, finely chopped

2 eggs, lightly beaten

1 small eggplant, diced

2 baby marrows, diced

Salt, pepper & any other spice to taste.

To make the stuffing, sauté all the vegetables in the oil with the seasoning & after 5 minutes add the matzo meal & combine well.

When the mixture has cooled, add the eggs to the stuffing & stuff the chicken or turkey.

*This page is dedicated to my two boys, Chad & Jake.
I am the luckiest mom to have such special, kind and loving sons.*

Frozen Nougat Terrine

50 ml syrup
200g sugar
200 ml honey
4 egg whites, beaten to soft peak stage
1 litre of whipped cream (can replace with Orley Whip)
200g raisins, soaked in hot water (drain before mixing)
400g any glazed assorted fruit (cherries, orange peel etc)
30 ml coconut
100g toasted, slivered almonds

In a deep pan or medium pot, combine the honey, syrup & sugar & heat until it reaches a temp of 120°C with a sugar thermometer or a soft ball stage.

Gently combine the egg whites & the hot syrup mixture, whisking gently until cooled then add the beaten cream.

When the cream is combined, add the fruit & nuts.

When nice & stiff, pour into a well-oiled loaf tin or foil container.

Freeze overnight & serve by the slice.

Mango & Passion Fruit Roulade

4 large egg whites
175g sugar
1 tsp potato starch
1 tsp brown or malt vinegar
1 tsp vanilla essence
2 mangoes, diced
12 granadillas, pulp only

Preheat the oven to 160°C.

Line a swiss roll tin with greaseproof paper.

Beat the egg whites until they are glossy & form soft peaks, then beat in the sugar.

Separately, combine the potato starch, vinegar & vanilla essence & beat into the egg whites. Gently spoon & level into the tin & bake for 35 minutes.

When you take out the meringue, cover lightly with slightly damp greaseproof paper & let it stand for 5 minutes.

While standing, take another sheet of greaseproof paper & dust well with sugar.

Turn the meringue onto the iced greaseproof paper & remove the backing paper.

Mix the mango pieces & granadilla together & spread over the meringue.

Use the paper to roll up the meringue & keep the join at the bottom.

Dust with more icing sugar if desired.

Lemon Meringue Pie

This is perfect for the not so sweet toothers.

Sweet Pastry

2 jumbo eggs
100g sugar
120g butter or margarine
250g cake meal

Pastry Method

Cream the egg & sugar until a nice pale colour then add the butter. Once just mixed add the cake meal. When combined rest the pastry in the fridge for 30 minutes.

When the pastry has rested roll it out to line the pie dish & bake it blind in a pre-heated oven at 180°C for 10 minutes or until golden brown.

Lemon Curd

125ml water
100g sugar
2 lemons zest & juice
25g potato starch
25g butter or margarine
4 jumbo egg yolks (keep the egg whites for the meringue)

While the pie dish is baking & cooling prepare the curd:

Boil the water, sugar, lemon zest & juice for about 10 minutes or until a little syrupy.

Mix the potato starch with a little water & add the syrup and at a low simmer allow the curd to thicken for about 4 minutes. Remove from the heat & stir in the butter & egg yolks. Pour the mix into the prepared pastry case & allow to set

Meringue

While the lemon curd is cooling in the pie dish, reduce the temperature of the oven to 120°C.

Beat the 4 egg whites & 200g of sugar to a glossy soft peak stage & spoon over the lemon curd. Bake for 40 minutes for a nice, crisp meringue.

Strawberry Mille Feuilles

This is a winning dessert every time

20 chocolate coated matzo crackers

2 punnets strawberries, hulled & halved, or any berries will work

500 ml cream or Orley Whip, beaten to soft peak stage

This is an individual dessert but will also work well on a platter.

Place 6 matzo crackers on a work surface, place a spoon of cream on each piece & spread slightly, then spoon over some berries, place another matzo on top & repeat to form a double decker.

If you have extra filling, make more or if you have lots of desserts, only make single layer desserts.

Cook's Tip

If you cannot buy ready matzos covered in chocolate, make your own by dipping matzo crackers in melted chocolate.

Golden Syrup Pie

This is an amazing dessert

Sweet pastry for the casing

2 jumbo eggs

100g sugar

120g butter or margarine

250g cake meal

1 heaped & packed cup of brown sugar

½ cup cream or Orley Whip

½ cup syrup

2 jumbo eggs

1 Tbsp butter or margarine

Preheat the oven to 180°C.

Line a regular size pie dish with the pastry & bake the pastry blind so that it's a light brown colour, remove from the oven and allow to cool.

The filling is easier: blend all the ingredients together so that they are well mixed & smooth & pour into the crust.

Bake at 180°C for 50 minutes or until the centre is just set but moves slightly when you shake the dish.

Cook's Tips :

Try adding some nuts or any dried fruit to the mix for an added dimension. A shot of brandy is also quite nice. Serve completely cool with ice-cream and fresh fruit.



MELTZ

NUMBER 1

Fashion Factory Store

As voted by several major consumer choice surveys.

We offer designer and brand name fashion with **everyday savings of 40-60%** when compared to leading fashion stores.



18

Customer Care Line: 0861 77 77 88 • www.meltzstores.co.za

Now you can follow us on Twitter, join us on Facebook or browse our website from your mobile using meltz.mobi



Alexander's Deli

From the moment you step inside Alexander's, you will find it hard to resist the tempting aroma of freshly baked breads, pastries and pies, or the sight of the deli fridges filled with an assortment of freshly prepared vegetable dishes and meat products. The atmosphere is friendly and bustling and whether it be breakfast, mid morning coffee or a hearty lunch, the tables are buzzing with the chatter of regular customers. Wooden furniture combined with soft oranges creates a stylish yet rustic ambience which is both warm and welcoming. In the same way you don't need to be Italian to enjoy Italian cuisine, it is certainly true that you don't have to be Jewish to savour Alexander's delicious food.

Brett Goldsmith runs this inviting deli along with Merle and Carole and they will prepare all kinds of homemade, nutritious food for you, such as chopped liver, herring, hot beef on rye and schwarmas.

"Don't feel like cooking and visitors invited? Let us prepare meals to make you feel excited. Come eat with us and then have a look, you may want to buy a recipe book!"

Latkes

Ingredients

1kg potatoes
1-2 tsp salt
Pinch pepper
40 ml flour
½ small onion
Oil for frying

Method

Peel and grate onions & potatoes on fine side of grater.
Add salt and pepper.
Add flour and mix well.
Heat oil in a heavy pan.
Drop spoonfuls and fry till golden brown.
Remove and drain.

Serve immediately with sugar and cinnamon.

Meringue

Ingredients

1 cup egg whites
2 cups sugar
1 tsp vanilla essence

Method

Beat egg whites till stiff.
Slowly add sugar, then vanilla.
Add to piping bag.
Cover baking tray with baking paper and pipe desired shapes.
Preheat oven to 200°C.
Turn down to 140°C for first 10 mins, then to 100°C for 35 mins.
Bake until dry.

Best wishes David, Lisa & Tyron Neimann.



Alexis Kriel

“When I was 25, after a career in journalism and film, I decided to find new ways of looking at life and went to live in an Indian Temple (in Durban)much like one would go to a Kibbutz.

I thought I’d give myself 3 months there for a sabbatical, but ended up staying 10 years. My first experiences with food were mainly to do with eating, but after 6 years of temple life, I did a strict apprenticeship in the temple kitchens - under experienced Indian cooks - and became learned in the art of spicing and traditional Indian cuisine.

When I left the temple, I started teaching Indian cooking as a means to an end.

I still teach, train chefs, do food writing, consult to the hospitality industry, take cuisine excursions to India and book people on holidays to India.

My kitchen is kosher. I have met Indian Jews in Cochin and am interested in the use of spices in Sephardi cooking.”

Apple and Dried Mango Chutney with a Handful of Cranberries

Yield: enough for 4 - 6 people

Ingredients

1 Tbsp sunflower oil
¾ tsp cumin seeds
1 fresh hot green chilli, cut into thin rings
2 tsp minced fresh ginger
1 tsp turmeric
250 g tangy green apples, peeled, cored and sliced
5 sticks of dried mango, cut into pieces
A handful of dried cranberries
1 ½ cups of water or as needed
1 1-inch cinnamon stick
¼ tsp ground nutmeg
2 cups sugar

Method

Heat the oil in heavy 2-litre saucepan over medium heat.
Sauté the cumin seeds in the hot oil until golden brown.
Add the green chillies and minced ginger and sauté for 1 minute, then add the sliced apples, dried mango pieces, the handful of dried cranberries and lastly the turmeric powder.
Stir-fry for 2 - 3 minutes.
Add the water, cinnamon, nutmeg and sugar.
Stir to mix, and allow to boil.
Thereafter, reduce the heat to low and cook without stirring for about 40 minutes or until it becomes jam-like.
Serve at room temperature or cover and refrigerate for up to a week.

Best wishes Robby, Jo, Georgie & Daniel Stoller.

Beetroot Raita (beetroot and yoghurt salad)

Ingredients

6 beetroot, scrubbed
3 bay leaves
20 whole peppercorns
4 cups yoghurt
1 Tbsp sugar
Coriander leaves

Method

Scrub the beetroot until clean and put in a pot of water.
Add bay leaves and peppercorns.
Bring to the boil and cook until the vegetables are done, but retain their firmness.
Discard the water, bay leaves and peppercorns.
Remove any remaining skin on the beetroot and cut into chunky cubes.
Mix the yoghurt and sugar and combine with the beetroot until the raita is a solid pink.
Garnish with coarsely chopped coriander leaves and serve as a side salad.

Bengali Bhapa Dhoi

Serves 4

Ingredients

$\frac{3}{4}$ cup plain yoghurt
1 x 400g can condensed milk
A large pinch powdered cardamom seeds
2 tsp chopped mixed nuts

Method

Put the yoghurt into the middle of a clean piece of kitchen towel and tie the towel on a tap to drip whey over the sink.
Leave it like this for about 30 minutes.
Put the drained yoghurt into a heatproof mixing bowl and stir in the condensed milk and the powdered cardamom seeds.
Cover the bowl with aluminium foil or greaseproof paper.
Steam in a steamer or over a large pan of boiling water for 15 – 20 minutes.
Allow to cool, dish into individual serving glasses and serve chilled, sprinkled with the nuts.

Fish in mustard sauce

Serves 6

Ingredients

3 Tbsp black mustard seeds (or yellow, if black are not available), soaked in a little water overnight and drained
1 kg filleted kingklip
1 tsp turmeric
3 Tbsp sunflower oil
2 Tbsp mustard oil or sesame oil
1 large onion, roughly chopped
2 green chillies, deseeded and minced
Juice of 5cm piece of fresh ginger
3 Tbsp yoghurt
A handful of coriander leaves

Method

Grind the soaked mustard seeds coarsely.

Cut the filleted fish into large pieces.

In a large dish, mix the turmeric, salt and half the mustard oil (or sesame oil), then stir in the fish pieces and allow to marinate for 5 – 10 minutes.

Heat the remaining mustard oil (or sesame oil) in a large frying pan and sauté the onions until they turn light brown.

Add the fish pieces one at a time and turn them as they firm up and lose their translucency.

Add the ground mustard seeds, green chillies, ginger juice and yoghurt.

Stir gently to coat the fish evenly and continue to cook for a further 3 minutes.

Avoid moving the fish around the pan as the flesh tends to break up.

Garnish with coriander leaves and serve hot.

Appetizing is everything we find appealing, mouth-watering, delectable, delicious, palatable, inviting, tantalizing, luscious, tempting, tasty, enticing ! Heidi, Mike, Arielle, Sasha Seid.



Amy Sara Gamsu

“I always dreamed of becoming a chef and began my journey at the International Hotel school. I was fortunate enough to have been placed in some of the top hotels here in South Africa, such as the Palazzo hotel in Monte Casino as well as the Standard Bank Global Leadership Conferencing Centre and Hotel, along with many other fine establishments.

I learnt about quality, service and adventure, whilst serving my final 6 month practical aboard the 6 star Cruise liner, Crystal Serenity.

My latest venture is a small coffee shop/restaurant in the Village Walk centre called Cafe 613. It is currently under construction inside the Chabad book shop. My inspiration came from being a young, observant Jewish chef who wants nothing more than to share the quality of both food and service with the South African Jewish community. I hope this restaurant will be a new and exciting experience for all those wanting to join me in tasting decadent dishes of their choice.”

Butternut Soup

1kg of butternut
2 sticks of leeks
¼ cup of Osem chicken soup powder
2 Tbsp Nola Mayo
Salt and pepper
1 litre water

Chop butternut and leeks.
Add water and chicken soup powder.
Boil until butternut is soft (+- an hour).
Blend the soup until smooth.
Add the mayonnaise, salt and pepper to taste.

Alfredo

Serves 4

400g pasta
40g butter
60ml flour
4ml salt
4ml mustard powder
200ml cream
400ml milk
15ml Italian herbs
6ml garlic salt
200g mushrooms
20ml oil

Boil pasta till al dente, place aside.

White Sauce/ Roux:

Melt butter in a medium saucepan.
Add flour, Italian herbs and garlic salt, cook for a few minutes.
Take the pot off the stove and add milk slowly, mixing until all lumps are gone.
Add cream to milk mixture.
Place pot back on the stove and stir slowly until it thickens.
Fry mushrooms in the oil until cooked.
Add mushrooms to white sauce.
Add salt and pepper to taste.
Pour sauce over pasta and serve.

Chocolate Crème Brûlée

3 cups heavy cream
1 cup milk
200g of milk chocolate
(you may use dark chocolate)
8 large egg yolks
1/3 cup of sugar
5ml vanilla essence

Preheat oven to 150°C.

In a large pot, heat cream and milk until they begin to bubble.

Add chocolate and whisk until melted and smooth, then remove from heat.

Whisk yolks, vanilla and sugar in a large bowl until light yellow in colour.

Gradually whisk the cream into the egg mixture.

Pour mixture into a double boiler and stir with a wooden spoon until the mixture thickens and coats the back of the spoon.

Remove from heat and pour into a heatproof dish.

Place the dish in a bain-marie (bath of water).

Bake for 35- 40min.

Sprinkle sugar on the top, then broil until sugar browns or you may use a handheld propane or butane torch.

Serve with homemade vanilla ice-cream.

Homemade Vanilla Ice cream

Serves 6-8

3 eggs
125g castor sugar
285 ml of single cream
285 ml of double cream, whipped
1/2 teaspoon of vanilla essence

Beat the egg yolks and sugar together until light and creamy.

Bring the single cream to the boil.

Pour the boiled cream over the egg yolks and mix thoroughly.

Transfer the mixture into a double boiler (or a heatproof bowl over a pot of boiling water).

Stir constantly until thick enough to coat the back of the spoon.

Fold into the whipped cream with the vanilla essence.

Pour the mixture into a freezeproof container, cover and freeze for about 2 hours.

Remove from the freezer and whisk well, return to the freezer.

All the best - Eric, Mireille, Michael and Daniel Levenstein.

The HEAVEN Group

With over 120 centrally located unique sweet and gift stores across the country. Step into your nearest SWEETS FROM HEAVEN, COSMIC CANDY or BRITTANS outlet and let us help you make your dreams come true.

To locate your nearest outlet please phone

011 444 0410



Web: www.theheavengroup.com



Angela Day

by Jenny Kay

“Angela Day” is the bi-weekly recipe based column that appears in the Verve section of The Star Newspaper. There have been many Angela Day’s over the past 45 years, all who have left their mark on the column.

Angela Day also runs a help line service and has been helping readers with advice and recipes for more than 30 years. The dedicated effort of The Angela Day team makes all this possible.

“I started working as a cookery assistant for ‘Angela Day’ more than 25 years ago and have been involved in some form with the column over the years. Eleven years ago Angela Day opened a cookery school at Lifestyle Garden Centre which I headed up for nine years. Two years ago I became Angela Day and now produce the weekly cookery columns. I am passionate about food and strive to keep my readers happy, with up to date and uncomplicated recipes suitable for any occasion.”

Wholewheat Tomato Tart

Serves 4 – 6

250ml wholewheat flour
250ml cake flour
5ml salt
100g butter
80-100ml ice water

Topping:

750ml deseeded, diced tomatoes
5ml salt
10ml sugar
Black pepper
80ml shredded basil
150g provolone cheese, grated
60ml sour cream

Place the flours and salt into a food processor, add the butter and pulse until the mixture resembles breadcrumbs.

Add enough water to bring the dough together to form a ball.

Remove from machine and wrap in cling film and refrigerate for 30 minutes.

Place the tomatoes into a sieve over a bowl.

Add the seasoning, sugar and basil and leave to stand for 30 minutes.

Roll out the pastry and line a 23cm flan tin.

Prick the base and bake blind at 180°C for 20 minutes.

Remove the paper and beans and return to the oven until the base is dried out.

Remove and cool. Place the cheese onto the base of the tart and top with the tomato mixture.

Drizzle with the sour cream and return to the oven for 15-20 minutes to melt the cheese.

Remove and serve warm.

Roasted Pepper Soup

Serves 4

4-6 large red peppers
30ml olive oil
2 large red onions, chopped
2 cloves garlic, crushed
400g chopped tomatoes
30ml tomato paste
2 litres chicken or vegetable stock
15ml sugar
Salt and pepper
Plain yoghurt to serve

Cut the peppers into quarters and deseed.

Place them cut side down onto a baking tray.

Heat the grill and place the peppers under the grill and leave until the skins are blackened.

Remove and place the peppers into a plastic bag to cool, this causes the skins to come loose.

When cool enough to handle, remove all the skins and dice the flesh roughly.

Heat oil and gently fry the onions and garlic until soft.

Add the peppers, tomatoes and paste and cook for a minute.

Add stock and sugar and simmer uncovered for 20 minutes.

Purée until smooth and season well.

Serve garnished with a swirl of yoghurt.

Thai Chicken Sausage Rolls

Makes about 36

500g chicken mince
5ml ground cumin
5ml ground coriander
50ml sweet chilli sauce
5ml chopped garlic
5ml grated ginger
50ml chopped coriander
250ml fresh breadcrumbs
Salt and pepper
300g roll ready made puff pastry
Beaten egg
30ml sesame seeds

Place all the ingredients excluding pastry into the bowl of a food processor and process until well combined.
Unroll the pastry and roll out slightly.

Cut the pastry into 3 equal strips measuring about 8cm each down the length.

Using wet hands, shape some of the chicken mixture into a sausage shape and place in the middle of the pastry.

Brush one side with beaten egg and roll over to enclose chicken.

Make sure the pastry overlaps slightly.

Cut into 3-4cm lengths and place on a baking tray.

Brush with beaten egg and sprinkle with sesame seeds.

Bake at 200° C for 20-30 minutes until golden brown.

Remove and cool.

Delicious served with sweet chilli dipping sauce.

*"Cooking is like love. It should be entered into with abandon or not at all".
This page has been sponsored by Jodi Rakusin.*

Trout Tabbouleh

Serves 4

500-600g trout fillet
250ml water
150ml white wine
½ onion, sliced
2 slices lemon
2 bay leaves
350g bulgur wheat
125ml olive oil
80ml lime or lemon juice
1 clove garlic, crushed
Salt and pepper
1 red onion, chopped
1 small cucumber, diced
1 red pepper, seeded and diced
1 yellow pepper, seeded and diced
60ml chopped parsley
30ml chopped mint

In a large pan, place the water, wine, onion, lemon and bay leaf, bring to a simmer.
Add the fish and poach gently for 5-10 minutes until trout is just cooked.
Remove and drain.
When cool, flake into bite size pieces.
Pour cold water over the bulgur wheat and soak for 10 minutes.
Drain in a sieve and set aside until well drained and dry.
Place into a bowl and add the onion, cucumber, peppers, mint and parsley.
Combine the oil, lemon juice and garlic and mix well.
Pour over the bulgur mixture, mix well.
Carefully mix in the trout, taking care not to break up the fish too much.
Serve.

With love Lyrice & Morrie Stoller.

Thai Style Meatballs

Serves 4

500g beef mince
2 cloves garlic, crushed
15ml chopped ginger
45ml chopped coriander
Salt and pepper
30ml peanut oil
20-30ml Thai red curry paste
400g can coconut milk
20ml fish sauce
15ml palm sugar
60ml ground peanuts
Rind and juice of 1 lime
Coriander to garnish

Combine the mince, garlic, ginger, coriander and seasoning and mix well.

Shape into walnut size balls.

Heat the peanut oil in a frying pan and fry the balls until cooked and browned.

Remove and drain on paper towel.

Add curry paste to the pan and cook for a minute until fragrant.

Add coconut milk, fish sauce, sugar and ground peanuts, bring to the boil and simmer gently for 5-8 minutes.

Add the lime rind and juice and return the meatballs to the pan.

Heat through.

Serve on egg noodles, garnished with coriander.

Note: brown sugar can be used in place of palm sugar.

Sticky Toffee Pudding

Serves 6-8

250 g dates, chopped
500 ml boiling water
10 ml bicarbonate of soda
10 ml vanilla
100 g butter
375 ml sugar
2 eggs
750 ml flour
10 ml baking powder

Toffee Sauce:

125 ml brown sugar
125 ml white sugar
250 ml golden syrup
250 ml cream
5 ml vanilla

Pour boiling water over the dates and stir in the bicarbonate of soda and vanilla and cool.
Cream the butter and sugar very well.
Add eggs one at a time and mix well.
Sift dry ingredients and add alternately to creamed mixture with the cooled date mixture and mix well.
Pour mixture into a deep 20x30cm ovenproof baking dish and bake at 180° C for 30 - 40 minutes until cooked.
Remove from oven, prick with a skewer, pour the sauce over and let it soak in.

Sauce:

Place all ingredients into a saucepan and heat until sugar dissolves.
Bring to the boil for 5 minutes.
Remove and pour over pudding.

Note: This pudding keeps well in the fridge for a few days.

To serve: Re-heat in the oven covered with foil for 20 minutes.

It can also be re-heated in a microwave.

Delicious served warm with a dollop of cream.

Best wishes from the Wintersteins.



Anna Montali

“Food and Home Entertaining”

Easy Roast Vegetable and Ricotta Quiche

Ingredients

Roast vegetables
500g butternut, cubed
380g baby marrow, thickly sliced
450g button mushrooms, cut in quarters
45ml (3 Tbsp) fresh thyme, stalks removed
Salt and freshly ground black pepper to taste
2 garlic cloves, finely chopped
20ml (4 tsp) butter
45ml (3 Tbsp) olive oil
1 red onion, finely chopped
2 garlic cloves, crushed
6 sheets phyllo pastry
45ml (3 Tbsp) butter, melted
4 large eggs, lightly beaten
300g fresh ricotta
250ml (1 cup) fresh cream
Watercress to serve

Method

Preheat the oven to 180°C.

For the roast vegetables, combine all the ingredients in a mixing bowl and toss together well.

Transfer to a roasting tray and bake until the water has evaporated, about 45 minutes.

Remove the vegetables from the oven when done.

Melt the butter and 30ml of the oil in a frying pan and sauté the onion and garlic for a few minutes.

Mix this into the roast vegetables.

Grease the bottom and sides of a 20cm springform cake tin with the remaining oil.

Layer the phyllo sheets in the tin, brushing with melted butter between each sheet.

Beat the eggs, ricotta and cream until smooth.

Spoon the vegetable mixture into the phyllo case and pour over cream mixture.

Cover with foil and bake until the pie is set, about 1 hour.

Remove the foil for the last 15 minutes so that the top browns, but keep your eye on it as the phyllo case tends to burn quickly.

Remove the pie from the oven and leave to cool in the tin.

Turn out onto a serving platter and serve topped with watercress.



Annette Kesler

Annette Kesler was food editor at Fair Lady magazine for 31 years. She is the doyenne of South African food writers and her delectable recipes and stylish eye have been the hallmark of the magazine's food features since 1968.

In 1991 Annette received a Galliova Award for food journalism and in 1995 the first ever Honorary Galliova Award for her contribution to food writing. Again, in 1995 she won the Premier Mondi Magazine Award in the "At Home" category and has received four Mondi nominations, the last being in 1999.

Her books include The Fair Lady Cook Book, Fair Lady's Special Occasions and Fair Lady's Favourites: Desserts, as well as the highly acclaimed The Sephardi Culinary Tradition that was co-ordinated and styled by her, her latest best seller, Learn to Cook and the soon to be published (September) FRESH & HEALTHY, STEP BY STEP TO LIFE for the Heart Foundation of South Africa.

Currently, Annette is Editor of Showcook, South Africa's most definitive food and travel site on the web and winner of the 2003 Galliova Sannie Smit Award.

Mushroom, Brinjal & Grilled Pepper Salad

Serves 4

This salad makes a deliciously substantial vegetarian meal. Add cooked lentils and butter beans, red and yellow peppers and leafy young salad greens, and you have a combination that's rich in texture and taste. A touch of olive oil, lemon juice, good wine vinegar and garlic are an excellent foil for the mushrooms and brinjals. Serve the salad at room temperature with crusty focaccia bread.

COOK'S NOTES

- You'll need: chopping board, cook's knife, paper towels, two bowls, shallow roasting pan, lifter, light foil, ovenproof dish, small ladle.
- To prepare lentils: pick over the lentils and rinse thoroughly. Place in a saucepan, cover with water and boil for 20 to 25 minutes until cooked but not mushy. Rinse well. You'll need 125ml (½ cup) uncooked brown lentils to make 250ml (1 cup) of cooked lentils.
- Experiment with beans using various sizes and colours, both dried and fresh. Pale green lima beans and the first tender broad beans of the season are good.
- Slim brinjals may not need salting, while older, plumper and more bitter ones often do.
- When cooked, brinjals should retain their shape but have a yielding texture.
- To grill sweet peppers: halve them, discard the seeds, slice thickly and place under the grill until blackened and blistered. Place in a plastic bag until cool (they'll sweat, making the skins easier to remove). Carefully strip off the blackened skin.
- Add salt to mushrooms after roasting. If you salt them beforehand, they'll stew instead of roasting.
- This salad may be served alone or with rare roasted or grilled lamb or venison, or smoked ostrich.
- **Salad dressing** Place 5ml (1 teaspoon) crushed garlic, 2ml (½ teaspoon) mustard powder, 10ml (2 teaspoons) olive oil, 15ml (1 tablespoon) wine vinegar and 5 to 10ml (1 to 2 teaspoons) lemon juice in a screw-topped jar. Add sea salt and milled black pepper to taste. Seal and shake well. Toss with salad leaves just before serving.

2 slim, young brinjals, washed and sliced
sea salt and milled black pepper
8-10 large black mushrooms, cut into medium-thick slices
10ml (2 teaspoons) sunflower oil, for brushing the pan
5ml (1 teaspoon) mustard powder
10ml (2 teaspoons) crushed garlic
15ml (1 tablespoon) olive oil
1 red and 2 yellow peppers, grilled (see Cook's Notes)
250ml (1 cup) cooked brown lentils (see Cook's Notes)
100ml (6 tablespoons) cooked butter beans
8 black olives, stoned and sliced
salad dressing (see Cook's Notes)
200g baby salad leaves

Place the brinjals on a large board and sprinkle with salt. Allow to stand for about 15 minutes until beads of water form. Rinse and pat dry with paper towels.

Wipe the mushrooms with clean, damp paper towels. Heat the oven to 180°C. Brush a shallow pan with oil and heat in the oven. Arrange the brinjals and mushrooms in the pan, and sprinkle with mustard powder, garlic, pepper and olive oil. Cover with foil and bake for 10 minutes. Remove the pan from the oven. Season the brinjals and mushrooms with salt, turn over and continue cooking for 10 to 15 minutes until the vegetables just soften. Place the cooled peppers on a platter, arrange brinjals and mushrooms between them, and scatter over the lentils, butter beans and olives. Toss the dressing with the salad leaves and place around the vegetables. Serve at room temperature.

Let's go and feast! Love the Liebman Family.

Triple Mushroom Soup

Serves 4

Certain soups are a must in a cook's repertoire – good mushroom soup is one of them. Our version is made with a light chicken stock base and three varieties of mushroom – white button, portabellini and portobello – resulting in an excellent depth of flavour. But don't worry if you can't get all three varieties. For a more intense flavour add a few shiitake or dried mushrooms such as porcini (soaked in water first). Serve the soup piping hot and swirled with yoghurt, or lightly chilled in summer. Garlicky pastry twists are the perfect accompaniment.

COOK'S NOTES

- You'll need: chopping board, cook's knife, large saucepan, blender, zester or fine grater, baking tray, slotted spoon.
- Store mushrooms in the fridge in a brown paper bag to help absorb the moisture. They should keep well like this for a few days.
- Cultivated mushrooms don't need to be peeled. Just rinse or wipe lightly.
- White button mushrooms vary between creamy white and pale brown and in sizes from baby to jumbo. Portabellini are similar in appearance but are light tan to brown colour. They're firm textured and have a deeper, nuttier flavour. Portobello or big brown mushrooms are large, flat mushroom with a meatier consistency and more full-bodied flavour. Delicate oyster mushrooms need very little cooking.
- **Herb twists** Place 200g puff pastry on a board lightly dusted with flour. Mix together 1 sprig finely chopped rosemary, 2 to 3 crushed garlic cloves, sea salt and finely grated lemon zest. Pat the mixture evenly onto the pastry. Cut into thin strips and twist. Place on a lined baking tray and bake for about 10 minutes at 180°C until golden.

15ml (1 tablespoon) sunflower oil
1 large onion, diced
250g portobello mushrooms, peeled and sliced
250g white button mushrooms, sliced
250g portabellini mushrooms, sliced
6 garlic cloves, peeled
leaves from 6 sprigs thyme
2 bay leaves
finely grated zest of 2 lemons
10ml (2 teaspoons) powdered mustard
sea salt and milled black pepper
30ml (2 tablespoons) cornflour
1 litre (4 cups) home-made chicken stock (page 28)
500ml (2 cups) fat free milk
30ml (2 tablespoons) fat free yoghurt
30ml (2 tablespoons) finely chopped chives
herb twists, to serve (optional; see Cook's Notes)

Heat the oil in a saucepan, add the onion, cover and simmer until soft and translucent. Add the mushrooms, then the garlic, thyme, bay leaves, lemon zest and mustard. Season with salt and pepper. Stir and continue to cook until the mushrooms have softened nicely. Sprinkle in the cornflour and stir until well blended in. Lift out a few mushrooms with a slotted spoon and set aside; they will be returned to the soup later. Blend or process the rest until smooth. Return the mushroom purée to the saucepan and gradually add the chicken stock, then the milk, stirring constantly. Cover and simmer for 15 to 20 minutes. Just before serving, fold the reserved mushrooms into the soup. Swirl in the yoghurt and serve in piping hot bowls with a scattering of chives, and offer with crisp herb twists, if you wish.

Baked Frittata with Tomato Sauce

Serves 4

Frittata is a style of omelette where ingredients are mixed or layered with eggs, then cooked gently. Both the Italians and Spanish excel in making a wide variety of this convenient and substantial dish, which is light on the budget yet such a success at a brunch or as a light meal. One of the most satisfying and hearty fillings is made with potato and feta with masses of spring onions and chives – an appealing combination – with an aromatic tomato and basil sauce.

COOK'S NOTES

- You'll need: chopping board, cook's knife, saucepan, wooden spoon, mixing bowl, balloon whisk, large, ovenproof pan or a shallow ovenware dish, lifter.
- Use free-range eggs both for flavour and their deeply coloured yolks.
- To ring the changes, substitute 5 to 6 courgettes, grated, for the spring onions. For a stunning flavour combination with a Portuguese touch, add a roasted pepper and a generous pinch of chilli to the tomato sauce, then purée.
- Always choose ripe red tomatoes when making sauces as these have the most intense flavour.
- Watch the omelette carefully towards the end of the baking time. It firms up fast and is best served slightly creamy in the centre.
- Serve the frittata either fresh from the oven or at room temperature. One of the charms of this dish is that it improves with standing. Serve with a crisp green salad, lightly dressed.

30ml (2 tablespoons) olive oil

1 bunch spring onions, finely sliced

1 bunch chives, finely snipped

3 potatoes, peeled, cooked and cut into matchsticks

60g fat reduced feta cheese, crumbled (optional)

60ml (4 tablespoons) finely chopped parsley

milled black pepper

5 jumbo eggs and 3 egg whites, whisked with 60ml (4 tablespoons) water

Fresh Tomato Sauce

4 large tomatoes, blanched, peeled and finely chopped, or 400g can whole tomatoes, chopped in the juice

10–15ml (2–3 teaspoons) sugar

sea salt and milled black pepper

6–8 basil leaves, shredded

1ml (¼ teaspoon) dried red chilli flakes

Place a large ovenproof pan in the oven and heat to 200°C. Pour in the oil. Sprinkle in the spring onions and chives and bake for 5 to 8 minutes. Remove the pan from the oven. Reduce the oven heat to 180°C. Arrange the potatoes and feta (if using) on the spring onions and chives. Sprinkle with parsley and season with pepper.

Pour the well-whisked egg mixture over the potatoes. Return the pan to the oven and bake for approximately 15 to 20 minutes until the eggs have puffed up and centre is only just set. Slice and serve with fresh tomato sauce.

Fresh Tomato Sauce Place all the ingredients in a saucepan. Cover and boil briskly for 2 to 3 minutes. Uncover and simmer for about 20 minutes until the sauce thickens.

Best wishes, Ashley, Ruth, Gina & Claudia Mendelowitz.



Avron Almeleh

Avron's Place

The inspiration for Avron's Place restaurant came from the eateries of Manhattan, New York, where the accent is on superlative service, quality and value. "Since the restaurant's opening in '99, I have enjoyed the privilege of cooking and catering, as well as ensuring a unique blend of ambience and cuisine for my patrons."

Spinach and Salmon Roulade

Ingredients

60g margarine
1/3 cup flour
1 cup milk
4 eggs, separated
250g spinach

Method

Melt margarine and add flour to make a ball.
Add milk and make a thick white sauce.
Cool slightly then add yolks.
Beat egg whites till stiff and fold in white sauce and spinach.
Place in paper lined Swiss roll tin and bake at 200°C for 15 minutes.

Filling

1 tin salmon or 3 tins tuna
3/4 cup mayonnaise
Salt and pepper to taste
Mix ingredients together

Construction of roulade

When roulade is baked allow to cool for 5 minutes.
Turn out onto a dry dish towel and remove baking paper.
Spread filling on cooled roulade base and roll up.
Serve heated or chilled.

Lamb Roll

Ingredients

1.5-2.5kg lamb roll
4 cloves garlic
1 Tbsp cumin
2 tsp coriander
2 tsp cinnamon
2 tsp paprika
1/4 cup lemon juice
1/4 cup oil
1 lemon rind
2 chopped onions
8 medium potatoes
4 carrots

Method

Mix together and rub into lamb roll.
Leave overnight.
Place in a roasting pan and surround with peeled potatoes and carrots.
Cook for ± 2 hours on 180°C.

Special Lemon Meringue Ice-Cream

Ingredients

2 pkts boudoir biscuits / Italian finger biscuits

100g melted margarine / butter

3 cups Orley Whip/cream/Riches

1 cup icing sugar

½ cup lemon juice

3 eggs, separated

3 extra egg whites

Method

Crush the biscuits and mix in the melted margarine.

Line a 26 cm springform tin with baking paper and press the biscuit mixture in right to the sides.

Beat the Orley Whip till stiff and add the icing sugar, lemon juice and egg yolks.

Mix well and pour into the springform tin.

Place in the freezer and allow to set, preferably overnight.

Beat 6 egg whites till stiff and slowly add 1 ½ cups castor sugar to make a stiff meringue mixture.

Unmould the ice cream and place stiff meringue on the top of the ice cream.

Either blowtorch or brown the meringue under a grill.

Serve when ready.

Can be kept in the freezer for long periods of time.

Best wishes, Lawrence, Marice, Cayli, Erin & Jayden Smith.

YOUR RECIPE FOR SUCCESS

**YOUR LIFESTYLE FURNITURE
STORE SERVING YOU
FOR OVER 35 YEARS**

**STOCKISTS OF LOCAL AND
IMPORTED BRANDS**

- FURNITURE
- LOUNGE SUITES
- LEATHER SUITES
- BEDS
- BEDROOM SUITES
- TEENAGER BEDROOM SUITES
- OCCASIONAL & OUTDOOR
RATTAN & WICKER FURNITURE
- HOUSEHOLD APPLIANCES
- LCD TV'S
- PLASMA TV'S
- SOUND

**OUR UNIQUE OFFER UP TO 15
MONTHS TREATED AS CASH**

Terms & Conditions Apply

**UP TO 30% DISCOUNT ON ALL
PREMIUM BEDDING**

34 High Street, Brixton

• Tel: 011 839 4510

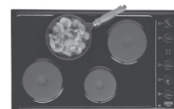
• E-Mail: brixton@icon.co.za

• www.brixtonfurnishers.co.za

We are different because we care!
Brixton
Furnishers



House of Motani



SENSING THE DIFFERENCE



ON SITE CUSTOMER PARKING



Bev Cohen
&
Heather Gluckman

Bev and Heather are both passionate about food. Heather started giving lessons to domestic workers many years ago. Bev joined her about 6 years ago and they still continue giving these lessons as well as giving lessons to young girls wanting to learn to cook.

Asparagus and Beans with Almonds and Cranberries

Ingredients

2 bunches asparagus, trimmed
500g green beans, trimmed
45 ml olive oil
100g slivered almonds, toasted
½ cup dried cranberries, finely chopped
3 garlic cloves, thinly sliced
60 ml red wine vinegar
15 ml chopped parsley
Salt and pepper

Method

Cook asparagus and beans separately in a large saucepan of boiling water for 2-3 minutes or until bright green.
Drain and rinse under cold water. Remove to a large bowl.
Heat oil in a frying pan over medium heat.
Add almonds, cranberries and garlic.
Cook, stirring for 1 – 2 minutes until heated through.
Remove from the heat.
Stir in vinegar and parsley.
Place asparagus and beans on a platter.
Season well and spoon over dressing.

Green Leaves and Summer Fruit

Ingredients

2 handfuls shredded spinach leaves
2 leeks – white part only – sliced very thinly
1 packet alfalfa sprouts
1 handful roughly chopped coriander
1 handful roughly chopped mint leaves
1 handful roughly chopped rocket leaves
2 each of peaches, nectarines and plums, sliced
(You can also use strawberries, orange or grapefruit segments or any other fruit)
5 Tbsp olive oil
Juice of one lemon
(Option: cut up some feta cheese and toss into the salad for a dairy alternative)

Method

Mix and serve immediately.

Smoked Trout with Buttered Herb Pasta

Ingredients

Angelhair pasta
375g sliced smoked trout or smoked salmon
125g cherry tomatoes
 $\frac{1}{3}$ cup sliced black olives
1 tsp chopped fresh dill
1 Tbsp sugar
2 Tbsp lime juice
 $1\frac{1}{2}$ tsp French/Dijon mustard
 $\frac{1}{3}$ cup olive oil

Method

Cut trout into strips.
Combine with tomatoes, olives, dill in a bowl.
Pour over sugar, lime juice, mustard and oil and mix gently.
Refrigerate for 2 hours.

For Pasta

Boil pasta: Thin pasta for 4 minutes – thick pasta for 8 minutes.
Heat 90g unsalted butter.
Add 3 tsp chopped fresh mint, chopped fresh dill, chopped fresh basil and cooked pasta.
Add smoked trout mixture and toss gently.
Serve immediately with chopped basil and mint.

Best wishes from Carole Bobrow.

Malay Chicken

Ingredients

12 pieces of chicken
2 Tbsp tomato sauce
2 Tbsp worcestershire sauce
1 Tbsp chutney
1 Tbsp apricot jam
1 Tbsp oil
2 tsp curry powder
1 tsp mustard
2 tsp sugar
1 large onion, sliced

Method

Season chicken pieces and place in an ovenproof dish.
Place sliced onion on top of chicken.
Pour over all sauce ingredients which have been mixed well.
Bake 375° C for 1 hour, covered.
Uncover and bake for an additional ½ hour.
Good to make ahead and reheat.

Whole Fillet

Ingredients

Sirloin, scotch fillet or whole rump (can use chicken)
1 tsp smoked paprika
2 tsp fresh ginger
2 tsp crushed garlic or 4 fresh cloves
Mixed herbs, rosemary, thyme, organum or 1 tsp dried of each
½ cup extra virgin olive oil
Juice of 4 limes or 2 lemons
Salt and pepper

Method

Wash meat well and dry.
Mix all of the above ingredients and marinade meat in a large ziploc bag overnight .

Either braai:

Fillet for 30 minutes or scotch fillet, chicken or rump for one hour.

Or cook in oven on high heat (200°C)

½ hour for fillet .

Or 1 hour for chicken, sirloin or rump.

Let rest for 5 minutes before cutting chicken or meat.

This is really a most delicious and easy marinade.

Try and use fresh garlic, fresh ginger and fresh herbs.

You can buy smoked paprika from Woolworths.

Easy Chocolate Mousse

Ingredients

1 large slab of good quality 70 % cocoa chocolate (either dark or milk)
1 packet of white marshmallows
1 x 250 ml cream (thick)

Method

Melt marshmallows and chocolate together.
Add whipped cream or thick cream.
Pour into small espresso cups or shot glasses.
Leave to set overnight.

Aromatic Roasted Fruit Salad

Ingredients

2 nectarines, pitted and halved
3 plums, pitted and halved
2 mangoes, pitted and cubed
1 small pineapple, peeled and cut into chunks
½ cup soft brown sugar
Juice and rind of 1 orange
1 cinnamon stick
2 star anise
Handful of blueberries
Handful of raspberries

Method

Place the nectarines, plums, mangoes and pineapple into an ovenproof roasting dish.
Sprinkle over the sugar and add the orange juice and rind.
Add the cinnamon stick and star anise and roast in the oven at 180°C for 10 minutes.
Remove, sprinkle with berries and return to the oven for a further 10 minutes.
The fruit should be soft but not mushy.

With lots of love Jill & Salvo Hanan.

Your winning recipe

- **Call Your Personal Property Broker**
- **Give your Broker a mandate**
- **Relax**
- **Prepare for a transfer**

SOLD

RJD PROPERTIES

011 884 0064

For an interview contact Irene or Darryl on 011 884 0060



Brad Pass

“I was born in Johannesburg in 1965 and matriculated at Yeshiva College. I come from a family of remarkable cooks and always showed an interest in the catering and hospitality industry. I worked as a chef in the army and whilst on the border in South West Africa I started experimenting with Jewish cuisine, making teiglach, kichel, tsimmes and all the good things in life. From there I went onto the Witwatersrand Hotel School in Braamfontein and qualified in commercial catering. After that I did my rounds within the industry, from hotels to private catering as well as the restaurant industry. I am now married with 2 gorgeous boys and work mainly in the corporate catering environment, whilst still doing private functions, dinner parties and various meals for an established clientele as well as developing a new client base. Specialities include teiglach, kichel as well as the best of Jewish cooking (even bobba will lick her lips)” .

Crepes with Mushroom and Coriander

Ingredients

3 eggs
2 cups water
1 ½ cups cake flour

Method

Beat the above ingredients together using a whisk or blender.
Allow to stand for ½ an hour, stirring every so often to get rid of air bubbles.
Pour a little mixture into a non-stick pan, spreading the mixture over the entire pan.
Turn the ready-made crepe onto a towel or small tablecloth.
If in a hurry, buy ready-made crepes from a leading supermarket.

Mushroom Filling

Ingredients

1 onion, peeled and chopped
1 punnet mushrooms
½ red pepper – finely chopped (optional)
½ pkt coriander - chopped
3 Tbsp butter or Cardin
¼ cup flour
250 ml milk or soya milk (for parev)
1 chicken or veg stock cube
Salt and black pepper

Method

Lightly fry sliced mushrooms in a drop of olive oil with a little salt and pepper.
Set aside for 10 minutes as mushrooms contain a lot of liquid, then strain, keeping the liquid that comes from the mushrooms.
In a saucepan, fry the chopped onions until slightly browned.
Add flour to make a roux (thickish butter flour mixture).
Add the other liquid including the mushroom juice little by little.
Stir with whisk until it gets thick.
Add chopped peppers, salt, pepper and stock cube to give it a rich taste.
Once thick, add mushrooms and coriander.
Take a tablespoon of mixture and place onto crepe.
Roll it up or fold like a blintze.
Place all into a pyrex dish, top with fresh cream or Orley Whip.
If milchik, grate cheese and sprinkle it on top. Bake in oven for 30 minutes on 180°C.
For parev option, take some bread crumbs and mix with a tablespoon of melted butter. Top the crepes with this bread crumb mix and bake as above.

Thai Peanut Chicken Curry

Ingredients

1 kg chicken breasts cut up or chicken stirfry
1 chopped onion
2-3 Tbsp curry powder
1 tin tomato relish OR chopped tomato
1 Tbsp fresh ginger
½ Tbsp chilli paste or chopped fresh chilli
½ cup maizena
1 small can tomato juice
Oil for frying
Salt & pepper
1 Tbsp chicken stock
1 tin coconut milk
3 large Tbsp peanut butter
2-3 Tbsp sticky brown sugar
Packet of fresh coriander - chopped

Method

Season chicken with salt and pepper.
Add 1 Tbsp curry powder.
Pour ½ tin tomato juice and mix through.
Rub the maizena into the chicken mixture.
Fry out in batches and set aside.
Sauté onions, fresh ginger and chilli.
Add tin of tomato relish and the remainder of the tomato juice.
Add peanut butter and the remainder of the curry powder.
Whisk through.
Add the coconut milk.
Allow to simmer until slightly thickened.
Add the chicken.
Lastly add ½ chopped coriander leaving the other half for garnishing.
Adjust taste.
Best served with basmati rice.
EAT & ENJOY.

Best wishes Mark, Karyn, Ricky, Lynton & Tali Kadish.

Choc Swirl Vanilla Cream with Warm Fresh Berries

Ingredients

2 ½ boxes Orley Whip
4 eggs
1 cup sugar
1 bottle parev nutella spread
1 carton frozen berries
Berry liquifruit
Brandy

Method

Beat 2 boxes (4 envelopes) Orley Whip until stiff – set aside.
Beat eggs for 5-7 minutes, adding sugar slowly until light and fluffy.
Fold into Orley Whip.
Melt nutella with ½ box Orley Whip.
Swirl into the mixture and allow to freeze overnight.
Take 1 carton of frozen berries, add 1 cup berry liquifruit.
1 Tblsp brandy (optional).
Allow to boil.
Dissolve 1 tsp Maizena to 2 Tblsp water and mix till smooth.
Add to simmering berry mixture to thicken.
Allow to cool and then serve.

In loving memory of our father and grandfather Aubrey Ritz.



Bread Basket

Adonis and Christine Avraamides started The Bread Basket in 1982 when they realised there was a demand for good food and personalised service. The Bread Basket was an instant success, with people flocking to the store from as far afield as Pretoria. Starting out from a small store and, together with the help of the family, the group has grown from strength to strength, constantly improving their image and most importantly maintaining the good quality and excellent personal service.

There are currently eight stores, namely Eastgate, Cresta Mall, Sandton City, Lonehill, Greenstone, The Glen & Morningside in Johannesburg and Parkview in Pretoria. These eight family owned and operated stores ensure that the high standard of quality food and service is maintained, earning the Bread Basket numerous awards over the past few years. All products are made on the premises and baked daily giving the store and surrounding areas that “freshly baked bread aroma”.

Tuna, Avocado & Cream Cheese Layered Terrine

Ingredients:

150g TUC savoury biscuits
75g unsalted butter, melted
400g drained, shredded tuna in brine
3 Tbsp mayonnaise
2 Tbsp onion, chopped finely
½ cup chopped parsley
60ml lemon juice for tuna
4 – 5 ripe avocados
1 Tbsp kosher gelatine powder, diluted in hot water
100ml lemon juice for avocados
1 tsp salt
½ tsp paprika
500grams Kraft Philadelphia cream cheese
60ml fresh milk

Method:

In a bowl, crush the biscuits & mix with the melted butter.
Place a 28cm springform ring onto a plate, press the biscuit mix onto the plate & press to form a base.
Place this into the fridge to set.
In a clean bowl, mix in the tuna, lemon juice, parsley, mayonnaise & chopped onions.
Once mixed, take out the biscuit base from the fridge & place the tuna mix onto the base as the first layer – spread evenly.
For the next layer, blend the avocados, lemon juice, paprika & salt until smooth.
Add the gelatine at the end & blend again.
Add the avocado mix on top of the tuna layer & smooth out evenly.
Place cream cheese & milk in a blender & blend until smooth.
Add this on top of the avocado layer.
Leave to set in the fridge for a minimum of 4 hours & then remove the springform ring.
Garnish with chopped parsley.

This page is sponsored by David & Sharon Hirschowitz.

Visit one of our Bread Basket branches for a food experience you'll never forget

☆ Sandton City	011 783 9053
☆ Lonehill	011 465 7734
☆ Morningside	087 940 3853
Eastgate	011 622 4346
Greenstone	011 609 1959
The Glen	011 436 1595
Parkview, Pretoria	012 992 6030



Kosher section available



Pure Food. Pure Pleasure.

www.breadbasket.co.za



We have over 34 years of experience in supplying caterer's, hospitality industry, restaurants, hotels, staff feeding facilities and canteens with a full range of portion controlled cuts of meat.

Tel: (011) 316-3233

Fax: (011) 316-4880

Email: beefymeats@icon.co.za

www.beefymeats.co.za



Brenda Steinfeld

“I was born in Cape Town and moved to Johannesburg after studying. I have always loved cooking and entertaining. After years of friends and family asking me to run courses, I finally started with cooking demonstrations and catering was a natural follow on. My intent when catering is that the food served is what I would serve were the guests sitting down to eat in my home. I am fanatical about presentation and attention to detail. The best part is I love what I do but could not do it without the unwavering support and encouragement of my dear friend Lauren and my wonderful sons, Steven, Ricky and Mark.”

Tomato Tart

Ingredients

1 small packet of rosa tomatoes
1 box puff pastry
1 egg
1 packet black olives
4-6 peppadews
½ packet sundried tomatoes
1 anchovy
Splash olive oil
½ cup pecorino cheese
Course salt
Castor sugar

Method

Lightly roll out the two sheets of puff pastry to the same size.
Place the first sheet on a greased baking tray.
Cut out the centre of the second sheet, leaving a 2 cm border.
Brush the first sheet with egg wash (one egg beaten with a little bit of water) and place the second sheet on top, secure the corners with soaked toothpicks and brush top with more egg wash.
Using a fork, prick the base all over.
Bake in a 220°C oven for 15 – 20 minutes.
Remove from oven and, if necessary, use the back of a spoon to flatten the base.

Spread for base

Blend together the pitted black olives, ½ packet sundried tomatoes, 4-6 peppadews, dash of anchovy essence or 1 anchovy and a splash of olive oil.
Spread on puff pastry base.
Sprinkle over the pecorino cheese.
Cover with baby tomatoes that have been sliced in half and tossed in olive oil, sprinkle with course salt and castor sugar.
Bake at 200°C for approx 20 minutes.
Scatter over torn basil.

In loving memory of our grandparents Issy and Mina Lasarow.

Green Salad with Pesto Dressing

Ingredients

Crisp lettuce (iceberg)
Rocket
Baby tomatoes
Fresh baby peas
Lupins (rinsed a few times)
Carrot ribbons
Cucumber ribbons
Sliced white mushrooms
Sliced red onions
Red pepper strips
Cauliflower florets

Dressing:

1 cup oil
 $\frac{1}{3}$ cup rice vinegar
1 Tbsp Dijon or wholegrain mustard
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ cup ready made pesto
1 Tbsp salt
Black pepper.
Mix together all the dressing ingredients and dress salad

Pesto:

1 packet fresh basil
 $\frac{1}{2}$ clove garlic
1 Tbsp pine nuts
 $\frac{1}{4}$ cup grated parmesan
Oil

Method

Blend basil, garlic and pinenuts with a bit of oil to make a runny paste. Stir in the grated parmesan (leave out if want to serve with a meat meal).
Season with salt to taste (not too much because salt is added to the dressing).

Be'teavon from Alan, Judith and Jade.

Kingklip Salsa Verde

Ingredients:

Fish

1 kg kingklip or sole
Salt and pepper
Flour for dusting

Salsa

1 Tbsp capers
1 punnet Italian parsley
½ punnet coriander
1 packet green olives
5 red salad onions
1 Tbsp lemon juice
½ cup olive oil
Maldon salt
1 Tbsp honey

Method:

Fish-

Sprinkle the fish with salt and pepper.
Dip in flour.
Fry in hot olive oil.

Salsa-

Chop together the capers, parsley, coriander, pitted olives and salad onions.
Drizzle over the lemon juice, olive oil, Maldon salt and mix in a dollop of honey.
Mix well.
Serve the cold sauce over the hot fish.

Gingerbeer Brisket

Ingredients

2 ½ - 3 kg deboned brisket
1 punnet button mushrooms
1 punnet brown mushrooms
1 clove garlic
Salt and pepper
Few sprigs thyme
1 litre gingerbeer
1 onion
4 carrots
2 Tbsp sweet soy sauce
1 packet brown onion soup
1 Tbsp brown sugar

Method

Place the mushrooms in a magimix and chop finely.
Fry in a little oil with the crushed garlic until cooked and dry.
Salt and pepper the brisket and smear the inside with the mushroom mixture.
Roll up and tie with string.
Brown the brisket in the frying pan that the mushrooms have been cooked in.
Chop the onion and carrots in the magimix until finely chopped and fry in the same frying pan for a few minutes.
Mix together the gingerbeer, soup mix, soy sauce and brown sugar and add in the onion mix.
Place the brisket in a roaster and pour over the gingerbeer mix.
Bake at 180°C for approx three – four hours, turning the meat halfway through cooking.
To serve, slice the brisket and pour over the sauce (should not need to be thickened but if you do need to thicken then remove the brisket and place it on the top of the stove on a high heat to reduce).
If too thick, add a bit more gingerbeer and heat.

Fruit Sorbet

Basic sugar syrup

4 cups sugar

4 cups water

Combine and bring to the boil , allow to boil for approximately 3 minutes until it becomes thickened, watch carefully as it starts to caramelise quite quickly, remove from stove and cool.

Sorbet

Fresh grapefruit/orange/lemon juice (keep shells)

Sugar syrup (as above)

Egg whites

Grapefruit Sorbet

500ml of freshly squeezed grapefruit juice (keep the shells).

Mix with 500ml sugar syrup, stir and place in a flat container and freeze.

Remove from freezer and break up and place in a food processor, whizz around until there are no more crystals.

While the machine is running slowly, drop in the white of one egg, keep whizzing until mixture looks creamy.

Spoon mixture into fruit shells that have been cleaned out.

Freeze until firm.

Orange Sorbet

As above

Lemon Sorbet

600ml sugar syrup

500ml lemon juice.

Proceed as above.

The syrup keeps really well in a clean bottle in the fridge and can be used for cocktails or to add to a fresh fruit salad.

INVEST IN 2010

It's the year of living dangerously, which year isn't? If you need a store of value that's as safe as houses, you need gold - just don't leave it in your house! In fact, we offer a free safe custody service for your gold!

Invest in your future, spoil yourself, invest in 2010 - offer expires before the end of 2010!

Come on, all you control freaks, it's the way to invest in the future ... **for your future.**
DIY - because you can!
With gold coins - you get 100% control.

Collect the official South African commemorative coin of the 2010 FIFA World Cup™ featuring the Official Mascot - let them collect dust and you will be smiling all the way to the bank!

Gold has trebled since 2000.
Yes, hindsight is 20:20 but buy before 2010!
Put 20 - 10% of your money in gold - it's your safety net - because your insurance policy isn't! Gold - the future of money!

Invest in 2010 and savour the feeling!!

Available at

THE SOUTH AFRICAN GOLD COIN EXCHANGE
The Market Leaders

Open Monday - Friday

5th Floor, Twin Towers West, Sandton City
Tel: (011) 784 8551 0861SAGOLD Fax: (011) 784 8524
info@sagoldcoin.com
www.sagoldcoin.com

THE SCOIN SHOP

A Real Store of Value!

The retail division of The South African Gold Coin Exchange

Open 7 days a week

Retail Outlets:

Gauteng: •Sandton City •Brooklyn Mall
•Nelson Mandela Square

•O R Tambo International Airport

Western Cape: •Canal Walk •Cavendish Square •Tyger Valley
•Somerset Mall

•Cape Town International Airport

Kwazulu-Natal: •Gateway •La Lucia Mall •Durban International Airport
United Kingdom: •Westfield London





Caron Melamed

***Caron Melamed** is a self - taught cook who grew up in Glenhazel, Johannesburg. She started cooking as a young girl, experimenting with baking in her mother's kitchen. From there her passion for cooking and creating recipes with exotic ingredients developed. Over the years many people requested her recipes, which led her to put pen to paper. Her ardent followers soon coaxed her into giving cooking lessons and her recipes have been an inspiration to many. Her recipes use the freshest ingredients and emphasis is always on taste and presentation. Caron's dream is to one day write a cookery book. Guests in her home always enjoy delicious and exciting food in a warm, loving and relaxed environment which epitomizes Caron and her family.*

Thai Coconut Butternut Soup (Parev)

1/3 cup oil
1 chopped onion
2 cloves crushed garlic
1/2 tsp ginger (1 tsp fresh ginger)
1/2 tsp cinnamon
1 heaped tsp medium curry powder
1/3 cup fresh coriander (1/2 tsp dried)
1/2 tsp black pepper
1 1/2 kg cubed butternut
1 cup chopped carrots
2 cubed potatoes
2 tins coconut milk (parev)
3 Telma vegetable cubes
Boiling water
1/2 tsp sugar
Salt to taste
Shredded coconut

Sauté onion and garlic in oil.

When starting to brown, add ginger, cinnamon, curry powder, black pepper and 1 tsp salt.

Mix and give a quick fry.

Add 1 tin of coconut milk, butternut, potatoes, carrots, sugar and fresh coriander.

Dissolve vegetable cubes in enough boiling water to cover the vegetables and add to pot. Leave on to boil until all the vegetables are soft.

Liquidize soup until very smooth, reheat, add second tin of coconut milk, check seasoning and serve.

To toast coconut:

Preheat oven to 180°C. Place coconut on oven tray, cook until evenly browned.

NOTE : regularly check coconut as it is prone to burn easily.

To Serve :

Ladle soup into serving bowl and top with toasted shredded coconut in the centre.

Portuguese Cut Steak and Chips

This can be made two days in advance, in fact it's nicer made in advance!

2kg Scotch fillet, cut into strips and vacuum packed
(age meat in vacuum pack – keep in the fridge for 7 days)
Olive oil for frying meat
Salt

Sauce

½ cup olive oil
⅓ cup Debras peri-peri oil
3 cloves crushed garlic
2 cups white wine
1 tin whole tomatoes (liquidized)
1 Tbsp tomato paste
2 Telma beef cubes
3 cups boiling water
¼ cup fresh lemon juice
2-3 chillies, finely chopped (more if you want it very strong)
3 bay leaves
2 tsp Bisto
½ cup cold water
5 potatoes, peeled and parboiled for 10 mins
4 Portuguese rolls, cut into cubes

Fry strips of beef, lightly salted, in batches in olive oil until cooked through . Set aside.

Sauce :

In a large pot, heat olive oil and peri-peri oil. Add garlic – fry lightly – must not brown.
Add cooked meat . Add white wine and cook for a few minutes until most of the wine has evaporated.
Add the balance of the ingredients up to and including the bay leaves.
Boil slowly, stirring in between, until the meat is soft.
Make a paste with the Bisto and cold water and add to the gravy.
Boil another 10 minutes.
Meat is ready to serve, or you can refrigerate until needed.

Potatoes :

Preheat oven to 200°C. Take parboiled potatoes and cut into large wedges. Toss with ½ cup olive oil and place on a baking sheet. Roast for approximately 1 hour, until the chips are nicely browned. Alternatively, you can fry the chips and then drain well.

To Serve :

Place meat on a large platter. Place chips in between the meat, sticking up and scatter the cubed rolls in between. The chips and rolls in the gravy are delicious!!! I serve this mainly as a starter.

Cookie Dough Ice-Cream

Cookie dough filling :

110g parev margarine

1 $\frac{3}{4}$ cup flour

$\frac{3}{4}$ cup castor sugar

$\frac{1}{2}$ tsp vanilla essence

Pinch of salt

1 $\frac{1}{2}$ Tbsp water (to bind dough)

ICE-CREAM :

4 eggs

2 boxes Orley Whip

$\frac{1}{2}$ cup sugar

1 packet Osem vanilla instant pudding

Pinch of salt

Cookie dough topping :

60g parev margarine

$\frac{3}{4}$ cup flour

$\frac{1}{2}$ cup castor sugar

$\frac{1}{2}$ tsp vanilla essence

Pinch of salt

Place all the cookie dough filling ingredients in a bowl except for the water.

Rub margarine into the dry ingredients until combined and has the texture of course bread crumbs. Add the water to bind the dough.

Roll the dough into long thin sausages. Cut into pieces the size of a choc chip and place on a tray and freeze. Start preparing the ice-cream ingredients in a mixmaster and beat for 15 mins. Fold frozen cookie dough into the ice-cream mixture. Spray a large loaf tin with Spray and Cook and pour the ice-cream into the tin and freeze.

Place all the cookie dough topping ingredients into a bowl . Rub margarine into the dry ingredients until large crumbs form. Unmould the ice-cream onto a serving platter and then pour over the cookie crumbs and re-freeze for at least 1 hour before serving. The serving preparation can be done 24 hours in advance.

Best wishes, Denis, Charmaine, Tali, Shira, Yoni & Dovvy Kampel.



Catering by Toubin

Israel

***Toubin's Bakery** and catering was first founded in Johannesburg in 1992 by Yossi Toubin after moving to South Africa, from the United States, where he had trained at the popular Lakehouse Resort and with the famous Schicks Catering. Toubin's soon became a household name, famous for its delicious challah, baked goods and salads and delectable food and especially high level of kashrut. It was this desire to combine the highest level of kashrut with the highest level of good food and service that inspired the founding of Catering by Toubin in Eretz Yisroel. Today Toubin's enjoys an excellent reputation as outstanding caterers, serving delicious and interesting food, beautifully presented with friendly and reliable service that help make every simcha an occasion to remember .*

Sweet and Sour Meatballs

500g beef mince
500g chicken mince
2 eggs
4 Tbsp matzo meal

SAUCE

2 onions
1.5 cups tomato paste
1.5 cups water
 $\frac{2}{3}$ cup vinegar
2 Tbsp onion soup mix dissolved in a cup of hot water
1 cup sugar
2 Tbsp soya sauce

Chop onions and sautee in a pot - add tomato paste and water and stir - add all sauce ingredients and bring to boil - add spices to taste: garlic, salt and pepper.

Mix meat mince with chicken mince and eggs and matzo meal until blended - form small balls and drop into boiling sauce - lower flame and cook for approx. 40 minutes or until meatballs are fully cooked.

Serve with spaghetti or rice.

Oriental Meat Patties

1kg mince meat
1 cup fresh cuzzbarra, chopped (coriander)
1 large onion, chopped
2 eggs
3 slices bread, soaked in water
4 garlic cloves, crushed
2-3 hot peppers chopped (optional)
Bread crumbs

In a processor process the cuzbarra, onion, peppers and garlic - add to meat.

Soak bread in water - squeeze out water and add to meat - add the eggs.

Combine all ingredients until well blended - form patties - dip patties in golden bread crumbs and fry in a hot pan. Serve with mashed potato.

Butternut and Sweet Potato Salad

4 orange sweet potatoes (patata)
2 small firm butternuts
4 large carrots
Fresh garlic
Crushed black pepper
DRESSING
 $\frac{1}{2}$ cup canola oil
 $\frac{1}{2}$ cup balsamic vinegar
2 Tbsp brown sugar
2 Tbsp soya sauce
Salt and pepper
 $\frac{1}{4}$ cup chopped fresh coriander
Chopped fresh chilli (optional)

First cut vegetables into rounds (not too thin) and then into strips – place on a baking tray lined with baking paper. Drizzle with oil, black pepper and crushed garlic. Bake until cooked but still firm (do not overbake.)

Mix dressing ingredients together, toss salad in dressing while vegetables are still warm. Garnish with toasted sesame seeds.

Toubins Challah Recipe

1kg flour
2 Tbsp dry yeast or 50g wet yeast
 $\frac{3}{4}$ Cup sugar
 $\frac{3}{4}$ Cup oil
1 egg
2 cups warm water
 $1\frac{1}{2}$ tsp salt

Place warm water in bowl or mixer - (if using wet yeast put in water with 1 tbsp sugar and wait 10 minutes).

Add sugar, egg and oil. Add half the flour plus dry yeast and mix in the mixer or with a wooden spoon in a bowl if making by hand. Add salt and slowly continue adding flour until a smooth dough is formed. If dough is too heavy or too dry, add little bits of water at a time or if dough is too wet, add a little flour. Remove from bowl and knead. Return to bowl and cover with a towel and place in warm area to rise. When doubled in size push down and allow to rise again.

Place dough on counter. Press down, then divide into 8 equal pieces. Roll out in strands. Braid 4 at a time to make 2 nice sized challahs. Place in tins, paint with egg wash and sprinkle with poppy or sesame seeds. Let rise again. Place in a hot oven, 190°C, and bake for approx 20 minutes until done. Challah should feel hollow when tapped on the bottom.

This recipe does not require challah to be separated. Please see the laws of separating challah when using amounts of 1.230kg flour and up.

For all your catering needs in Jerusalem, call 'Catering by Toubin'.

HAYLEY JOY

**A fashion boutique
with a different expression!**

Sizes to suit all shapes, from a generous 32 to 5XL...



Shop 10, Dunkeld West Shopping Centre, cnr Jan Smuts Ave and
Bompas Road (at the back of the centre), Phone 011 325 2488



Contessa

Angela Day speaks to connoisseur Marisa Casati, of Contessa Tea Shop in Rivonia, who shares “The art of preparing the perfect cup of tea”, and provides delicious recipes using tea.

How to make the perfect cup of tea:

Use the freshest water possible. Filtered water is best. Do not over boil the water. Shut the kettle off just before it boils too vigorously. Over boiling removes oxygen from the water. It can also “cook” the leaves of green or Oolong tea.

Avoid using metal utensils in favour of nylon mesh baskets, paper filters and glass strainers, or put tea leaves straight into the pot. Heat the pot with some hot water, stand for a minute and pour it out.

How much tea? The rule is one bag per person and one extra for the pot. For loose tea, use 2g per 200ml cup or one heaped teaspoon per person. Tea made from loose tea has more flavour, as tea in bags has been more finely ground.

Fill up the pot with hot water and leave to infuse for 1-3 minutes depending on the tea and the strength you like it. Oolong and green tea take the longest to infuse.

Pour tea into a cup, then add milk, sugar or lemon. Purists would advise using china cups but really what is important is not to use polystyrene or steel as these detract from the flavour of the tea.

Don't ever re-heat tea, especially in the microwave.

Learn the sweet secrets of tea

*Better to be deprived of food for three days than tea for one”
(Ancient Chinese Proverb)*

MANY people couldn't imagine life without a cup of tea – it's the most popular beverage in the world after water and studies indicate that green tea, in particular, has many healthy benefits.

There are five main varieties of tea - green, black, oolong, white and tisanes - and the difference between them is in their processing.

Green tea is made from unfermented leaves and contains the highest number of antioxidants. It has been proved to be of benefit with regard to various health conditions, including cancer, rheumatoid arthritis, high cholesterol levels, cardiovascular disease, infection and impaired immune function. Other traditional uses of green tea include aiding digestion, regulating body temperature and blood sugar and improving mental processes.

Black tea, the most popular of the teas, has been fully fermented, fired and dried and so has the darkest colour, richest aroma and the most caffeine.

Oolong tea has been partially fermented and is like green tea but a little stronger and preferred by discerning tea drinkers.

White tea has dried naturally with no fermentation. Often drunk by tea snobs, it is the most natural, palest and blandest of the teas. It contains the least caffeine.

Tisanes, which are herbal or floral infusions, contain neither tea nor caffeine although they are drunk in the same way.

Tea Smoked Chicken Salad

Ingredients

15ml Sichuan pepper
3ml Chinese five spice powder
5ml salt flakes
4 chicken breast fillets
40g loose tea leaves of your choice
(I use loose Darjeeling tea)
30ml rice
30ml brown sugar

Dressing

60ml soy sauce
15ml honey
15ml rice vinegar
5ml sesame oil
1 red chilli, seeded and chopped
1 clove of garlic, crushed

Salad

1 bunch of spring onions, chopped
200g green beans, cut into 3cm pieces
2 avocados, sliced
1 pillow packet of baby lettuce leaves

Method

Crush pepper in a pestle and mortar until fine, add the five spice powder and salt and mix well.
Rub this on the chicken fillets and set aside.
Line an electric wok with a double layer of tin foil.
Combine tea, rice and brown sugar and mix well and put this in the base of the wok.
Place a wire rack on top.
Replace the lid and heat the wok until smoke begins to form.
Put the chicken breasts on to the wire rack.
Cover tightly and smoke over a medium heat until the chicken is cooked – this could take 20-30 minutes.
Cut through a piece of chicken to make sure it is cooked through and not pink inside.
Remove and cool.
Slice the chicken.
Combine all the ingredients for the dressing and mix well.
Combine all the ingredients for the salad except the lettuce, add the chicken and drizzle over the dressing.
Toss to combine.
Line a serving platter with lettuce and pile the salad on top.

Hyson Caramel Rum Crème Brulée

Serves 6

Ingredients

600ml double cream
10g loose HYSON caramel rum tea leaves
4 large egg yolks
15 ml castor sugar for egg custard
125g castor sugar for caramel tops of crème brulée

Method

Pour the cream into a saucepan and add the rum tea leaves. Bring slowly to the boil.
Set aside for 30 min.
Beat the egg yolk and sugar together.
Add the liquid to the egg mixture, beat well and strain into ramekins/desirable serving dish.
Place in a water bath at 150°C for 30 -35 min.
Cool and refrigerate overnight. If required urgently, place in freezer.
When ready to serve, melt the remaining sugar in a pan.
Do not stir with a spoon.
Once it starts melting, make circular movement with pan to distribute heat. Turn up heat to caramelize and keep a close eye.
Pour sugar onto the tray.
Let it set and blend into a power state.
Sprinkle over crème brulée and place under salamander.

Marisa's Ginger Tea Scones

Makes 48 scones

Ingredients

5 ½ cups all purpose flour
½ cup sugar
¼ cup baking powder
1 tsp each: Hyson mixed fruit tea and ground ginger
2 sticks (1 cup) plus 2 tbs butter
1½ cups soured milk (add lemon juice, stand at room temp. 10 min.)
½ cup plain yoghurt
¼ cup chopped, crystallized ginger
½ cup yellow raisins
A little milk or cream mixed with cinnamon and sugar for glaze

Method

Stir together with a fork or whisk: the flour, sugar, ground tea and ground ginger and the baking powder until blended.
Cut butter into small pieces and mix until the mixture resembles coarse cornmeal.
Toss in the chopped ginger and raisins, stirring with a fork.
Then stir together the milk and yoghurt and add to the dry mixture, stirring quickly and gently with a fork.
Turn dough out onto a floured board (add flour if too sticky). Do not overwork this dough so work quickly and gently.
Pat dough into large circle and cut out using a round cutter.
May be frozen at this time.
Place on a lightly floured baking sheet and brush tops with sugar-cinnamon mixture.
Bake at 180°C for 20 min.

Contessa's Green Tea Tiramisu

Serves 6

Prepare the day before

Dark chocolate sponge

Ingredients

60g butter, at room temperature
60g extra fine castor sugar
1 large egg
55g self-raising flour
50g dark chocolate (minimum 70% cocoa)
22cm springform tin

Method

Pre-heat the oven to 180°C.

Cream together the butter and sugar. Mix in the egg and sift in the flour.

Melt the chocolate in the microwave or over a pan of boiling water and fold into the prepared batter. Pour the mixture into the lined tin and bake for about 10 minutes.

Leave to cool in the tin for 5 minutes, then unmould the cake and allow to cool on a wire rack while you prepare the tiramisu mixture.

Tiramisu Mixture

Ingredients

30 ml milk
10g Hyson peach green tea
2 egg whites
3 egg yolks
50g castor sugar
250g mascarpone cheese
50g dark continental chocolate, chopped

Method

Infuse tea in milk.

Beat egg whites until soft peak.

Beat sugar and egg yolks in a separate bowl until thick and creamy. Fold in mascarpone and milk well and finally fold in egg whites.

Start assembling tiramisu by setting a layer of sponge at the bottom of the dish.

Layer the sponge, mascarpone mixture and chopped chocolate.

Cover and refrigerate.

Lemon and Date Tea Loaf

Ingredients

3 lemon-flavoured tea bags
330ml boiling water
250g dates, chopped
5ml bicarbonate of soda
125g butter, softened
180ml brown sugar
2 eggs
grated rind of 1 lemon
500ml flour
5ml baking powder

Glacé icing

375ml sifted icing sugar
15ml lemon juice
15-20ml of cold, lemon-flavoured tea to mix

Method

Add the tea bags to the boiling water and then add dates.
Cover and leave to stand overnight.
The next day remove tea bags and stir in the bicarbonate of soda.
Cream the butter and sugar well and add eggs one at a time, mixing well after each addition.
Add lemon rind.
Sift flour and baking powder and add alternately to the creamed mixture with the date mixture.
Mix well.
Spoon mixture into a greased and lined 22x11cm loaf pan.
Bake at 160°C for 40-50 minutes until a skewer inserted comes out clean.
Remove from oven.
Turn on to a cooling rack and cool completely.
Ice with glacé icing.

ICING:

Place icing sugar into a bowl and add lemon juice and enough cold tea to make a thick spreadable icing.

Best wishes, the Egdes family.

Sticky Earl Grey Tea Cake

Ingredients

125g butter
125ml brown sugar
60ml golden syrup
2 extra large eggs
5ml finely grated lemon rind
375ml flour, sifted
10ml baking powder
125ml ground almonds
125ml buttermilk
cream for serving

Syrup:

4 Earl Grey tea bags
250ml hot water
180ml castor sugar
15ml lemon juice

Method

Cream butter, sugar and syrup in a bowl until light and creamy.
Beat in eggs and lemon rind.
Fold in flour, baking powder and almonds alternately with the buttermilk.
Mix until just combined.
Spoon the mixture into a greased and base lined 20cm springform cake pan.
Bake at 180°C for 45-50 minutes or until a skewer inserted comes out clean.
Prepare the syrup.
Remove cake from oven and pour over warm syrup.
Cool the cake in the pan before removing.
This is delicious served with whipped cream.

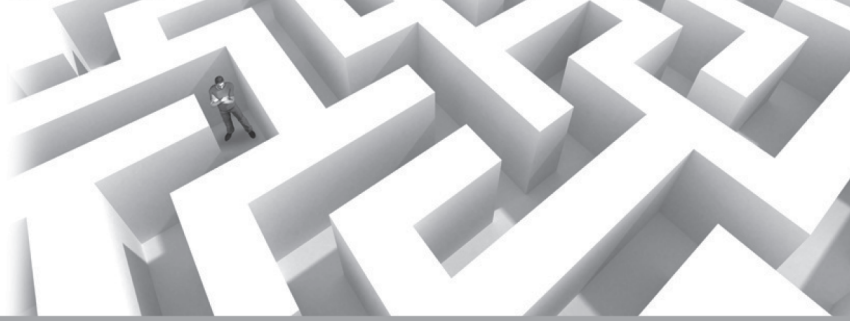
Syrup

Method

Infuse the tea bags in the hot water for five minutes.
Remove tea bags and discard.
Combine the tea, sugar and lemon juice in a saucepan and bring to boil. Reduce heat and simmer for five to six minutes until syrup thickens slightly.
If you use loose tea, infuse 20ml Earl Grey tea leaves in 250ml water for 3-4 minutes.
Strain and use.



siyaya phambili
TECHNOLOGY SOLUTIONS



Siyaya Phambili Technology Solutions

With an impressive 121 service hubs inside the borders of South Africa, Siyaya is able to support and service any required location inside South Africa. Siyaya also has an impressive geographical footprint inside Sub Saharan Africa. This extensive service hub footprint makes Siyaya the onsite IT support partner for many corporate and listed companies.

The service levels and quality levels for all service hubs are managed via a central call centre based at Siyaya's head office in Woodmead.

Contact us on 0861 100 221 or go to our website: www.siyaya.co.za

Microsoft®
GOLD CERTIFIED
Partner

Reseller of the following brands: Microsoft, HP, Dell, IBM, Mecer, Acer, Intel, Symantec, Cisco, 3 COM

Supporting Technology, Everywhere



Delores Fouché

“For over 10 years I have been cooking kosher-style for hundreds of functions from 30 to 300 people – every bite gets 100% of my energy. My mother was always cooking – real, hearty old-fashioned food that was always delicious! She didn’t know from balsamic vinegar and saffron but she sure knew how to make real veg soup and a tzimmes roast like no Michelin chef could compete with!

Flavours is its namesake – good food that is full of flavour. Food is so personal – you cannot be all things to all people. My focus is to keep as many tastebuds as happy as I can. Remember – there’s a closet caterer at every function!

One Sunday I did a ‘pretty in pink’ party for a week old baby girl in the morning and a 100th birthday high tea in the afternoon. Both were celebrations of life and brought home to me how people celebrate with food. I love that I am part of people’s happy memories when they look back on their special events – that is truly what feeds my soul.”

Dahl Soup

Ingredients

750g red lentils
1/3 cup tomato paste
1 packet coriander
50ml sunflower oil
2 biggish chopped onions
1 heaped tsp crushed garlic
3 sticks cinnamon
1 Tbsp cumin
1 tsp coriander
4 tsp turmeric
2 tsp garam masala (I use Nomu)
2 finely chopped potatoes
Salt and black pepper

Method

Prepare 3 – 4 litres of veg stock:

Using msg-free veg cubes or granules.

Heat oil in big pot.

Add onions, garlic and spices.

If spices start to burn, add some water.

Add all ingredients to pot, stirring intermittently.

Leave simmering for at least one hour.

Taste and season accordingly - if you want it hotter, add more masala and some chilli.

Remove cinnamon sticks before serving.

Can add a dollop of plain yoghurt when serving and a sprinkling of chopped coriander.

Bowled Over Broccoli

Ingredients

Three packets broccoli

Two punnets cherry tomatoes

Dash of olive oil, balsamic, coarse salt, mixed herbs for roasting tomatoes

Bunch of green beans (grab with one hand)

Bunch of coriander – roughly torn

Cranberries – one 250g packet

Handful of macadamias – semi-crushed and toasted in a pot to release the flavour

Dressing

Two full Tbsp pesto

Glug of olive oil

1 cup mayonnaise

Method

Place into an ovenproof dish, sprinkle with garlic, a dash of mixed herbs, a good dash of balsamic and olive oil and a pinch of coarse salt.

Place uncovered in a hot 180°C oven for 15 minutes – or until tomatoes begin to burst open.

Plunge the broccoli into boiling water for a few minutes and then straight into a bowl of ice water.

Steam or microwave the green beans – I microwave for three minutes in water – remove from hot water and plunge into ice water.

Cut up beans into threes.

I use a scissors as it is quicker!

Use a flattish platter with a lip.

Toss broccoli around platter.

Scatter beans over and between the broccoli.

Toss in the roast tomatoes, add torn coriander, scatter the cranberries and lastly toss over the semi-crushed macadamias.

Spoon over dressing about 10 minutes before serving.

With love from Brian & Helene Miller and Family.

Fish Supremo

Use any whole fish such as yellowtail or kabeljou or even a salmon - centre bone removed, scales and fins off, head and tail off.

Use a fish rub (such as Nomu) and gently rub over top and bottom of fish. If fish is very thick, you can cut small slits.

Ingredients

2 tins tomato paste
Heaped Tbsp of hot chilli sauce
1 tsp garlic
Packet of flat leaf parsley
Handful of coriander
Dash of cayenne pepper
Handful of pitted black olives
If you can get some Hawaij spice, add a dash

Method

In a pan, add all ingredients and cook till bubbling.
Place fish in an ovenproof dish and pour over the sauce.
Add some sliced peppers and halved baby tomatoes.
Drizzle with olive oil.
Bake for about 30 minutes or until cooked.
10 minutes cooking time for 10cm thickness of fish.

Best wishes, the Sabbagh Family.

Roma Salad

Ingredients

Rocket – at least 3 x small packets or mix lettuce and rocket
Ricotta cheese x 2 tubs
½ cup red pesto
Caramelized onions – 3 big onions
1 cup peppadews, halved
1 cup sundried tomatoes, chopped
Fresh rosa tomatoes, halved – one punnet
3 hard boiled eggs - quartered
Toasted pinenuts – generous handful

Dressing:

Reserve the liquid from the caramelized onions
Add to that 125ml olive oil
60ml sesame seeds
1 clove crushed garlic
4 spring onions
50ml lemon juice
1-2 chillis, seeded and chopped

Method

To caramelize onions:

Slice onions and place in a pot with 1 cup brown sugar and 250g of Cardin or butter.
Allow to simmer and caramelize for about 30 minutes.

To assemble salad:

Toss rocket and greens onto your platter.
Mix ricotta balls with pesto (pesto is optional).
Roll into bite sized balls and scatter over rocket.
Add all remaining ingredients and lastly spoon caramelized onions over salad.
Dress just before serving.

Mushroom and Walnut Triangles

Ingredients

2 punnets different mushrooms, roughly chopped

Glug of olive oil

Black pepper

Garlic – about 1 heaped tsp

Dash of soya sauce

1 heaped Tbsp apricot jam

1 heaped Tbsp sweet chilli sauce

1 cup chopped walnuts

Handful of chopped rocket

Method

Heat oil in a saucepan and toss in mushrooms and all ingredients but not nuts.

Once cooked, allow to cool slightly.

Use blender and pulse until mushrooms start to become a paté - Do not overblend.

Add the nuts and coriander to the mixture.

Use 3 x sheets phyllo at a time.

Use 3 sheets of phyllo to form your base, brushing with Cardin.

First cut the phyllo into four long strips along the width.

Then cut into half. You now have 8 rectangles.

Starting in the corner, place a blob of mixture.

Fold diagonally into triangular shape. Continue folding up.

Snip away rough edges of phyllo.

Place your triangles on a baking tray.

Brush with Cardin or olive oil or egg yolk and use sesame seeds and some finely crushed walnuts too.

Bake on 180°C, turning when one side is golden.

6 sheets will yield 16 triangles.

Best Wishes from Stan and Natalie Colman.

Artichoke and Asparagus Lasagne

Ingredients

2 cups milk
250g creamed cream cheese
125g butter
175g flour
1 cup crumbled Danish feta
½ cup white wine
Glug of olive oil
One tin artichokes, 2 tins asparagus
12-16 sheets lasagne
One onion, chopped
2 spring onions, chopped
1 tsp garlic
Juice and rind of one lemon
Veg stock powder or 2 cubes
Spices: nutmeg, thyme, salt, pepper – be generous!

Method:

Drain the artichokes/asparagus. Squeeze lemon over.
Chop onion finely.
Sauté with the garlic in the butter and olive oil – till they are golden.
Add the artichokes/asparagus to the pot.
Add the spices and herbs, sprinkle with cube, add the wine, reduce heat and simmer for about 10 minutes.

Make the béchamel sauce by using the flour, half the butter, milk, cream cheese.

Grease your lasagne dish – looks great in a pewter dish too.
Layer the lasagne sheets, artichoke/asparagus layer, béchamel sauce and crumbled feta.
Repeat three times.
Bake at 180°C until golden brown.

With love and best wishes, Ian, Linda, Melanie, and Adam.

King's Salad

Ingredients

1 -2 kg kingklip or fresh tuna – depending if serving as a starter salad or salad extra
200g cherry tomatoes
Handful of fresh mint, chopped
200g flat leaf parsley
2 large chillis or red peppers
1 punnet cut up butternut
Black olives
1 tsp crushed garlic
Olive oil
Juice and zest of three lemons

Quick Dressing

½ cup chilli sauce
Stir into any of your favourite oil-based dressings such as Knorr French.

Method

Gently heat up a large frying pan with a glug of oil and cook the fish chunks.
Try and keep the heat moderate so you do not burn the fish.
As soon as fish is ready, place in a bowl and throw over garlic, fresh chilli, lemon juice, zest and a generous glug of olive oil – these ingredients serve as a marinade too.
Leave the fish overnight.
Cut up the butternut into thinner pieces, roast with lemon zest, honey, garlic and herbs until soft but crispy.
Serve fish on a bed of flat leaf parsley, arrange fish, add halved tomatoes, chopped mint, black olives and the butternut crispy pieces.
Drizzle with dressing.

Choc Mousse Cake

Ingredients

To fill one medium springform:

3 eggs

3 egg yolks

125g sugar

180g ground nuts

1 Tbsp cocoa powder

100g almonds or pistachios – ground

180g choc chips or grated choc

3 egg whites

2 Tbsp melted Cardin

Method

Bake on 180°C.

Beat the eggs and additional egg yolks in a mixer with $\frac{3}{4}$ of the sugar until fluffy and light.

Add in the nuts, almonds, cocoa, choc bits until blended.

Beat egg whites with remaining sugar until soft peaks form.

Fold in with other mixture.

Lastly, add in the melted Cardin.

Fill your tin and bake for 35 – 45 minutes – a knife should come out moist but baked.

Choc mousse layer: To make choc mousse

Ingredients

4 egg yolks

$\frac{3}{4}$ cup castor sugar

$\frac{3}{4}$ cup softened Cardin

$\frac{3}{4}$ cup cocoa powder

100g slab dark chocolate

1 cup Orley Whip

Method

Melt the dark choc.

Beat the Orley Whip.

Cream the egg yolks and sugar.

Add the margarine while whisking.

Add the cocoa and melted chocolate.

Add the beaten Orley Whip.

To assemble:

Using a spatula, smooth the mousse over the cake base.

Place in fridge until ready to serve.

Decorate with choc shavings or spoon over the dreamy chocolate sauce.

Berry- Mi- Su

Make this as big as you wish – it looks just as good built up on a platter or the traditional way with the biscuits lining a dish.

Use any berries here – your own mixture of blackberries, gooseberries, strawberries, frozen berries or tinned berries!
Instead of traditional finger biscuits you can use something different!

Ingredients

Berries:

Use two packets frozen mixed berries

Place in saucepan with ½ cup sugar, dash of liqueur, ⅓ cup any fruit juice

Bring to the boil, then simmer for about 10 minutes

Mi-Su Mixture: - can halve for 8-10 people

4 eggs

2 tubs Mascarpone

6 Tbsp castor sugar

2 cups fresh cream, whipped

Method

Cream egg yolks and sugar until thick and pale.

Add the marscapone until well combined.

Fold in the whipped cream.

Beat the egg whites until stiff and fold into the cheesy mixture.

Dip the biscuits quickly in the berry coulis.

Fill the area of a platter in a square or rectangle.

Top with a layer of the marscapone mixture followed by the berries.

Repeat layering.

Spoon the coulis over and around the pudding.

Best wishes from the Goldblatt Family.



Dulcie Braude

***Dulcie Braude** was born in Cape Town to parents who came from Eastern Europe. Her love of cooking originates from her mother who was a very inventive and imaginative cook. She was encouraged from an early age to help bake and cook for Shabbos, Festivals and Simchas. Many of her recipes come from her great-grandmother's kitchen.*

Dulcie has moved around extensively from Cape Town to Welkom, the Eastern Transvaal, London, Israel, Australia and back to Johannesburg where she has given cooking lessons, run her own kosher catering business and written a recipe book.

Dulcie has been married to David for 51 years, has 2 lovely daughters, Berdene & Samara and has been blessed with grandchildren.

These recipes have been compiled with lots of care. In Dulcie's own words:

“ Es Gezundt” Eat in Good Health!

Tomato and Onion Soup

Ingredients

2 cups chopped onion red or white
3 cloves garlic
3 kgs ripe tomatoes ~ scalded ~ skinned and diced
10 ml Cerebros garlic & herb salt or to taste
10 ml dried Italian herbs
A good soup pot

Method

Sauté onions in oil ~ add garlic ~ add tomatoes & seasoning ~ bring to boil ~ turn down heat to medium low for 20 mins ~ blend in pot with handheld blender ~ adjust seasoning ~ serve hot or cold with chopped chives or parsley or both.

Pea and Leak Soup

Ingredients

3 cups checked and sliced leeks
30 ml canola oil
1 kg frozen peas
Vegetable stock powder to taste

Method

Saute leeks in oil ~ add peas ~ cover with boiling water ~ add stock powder ~ bring to boil ~ turn down heat to medium - low ~ cook until veggies are just tender and still a good green colour ~ blend and adjust seasoning ~ serve with croutons.

With love and laughter little Calli Gordon you live in our hearts forever.

Curried Orange Fish and Rice

Ingredients

1 kg frozen hake ~ skinned and cubed
30 ml canola oil
1 cup onion rings
1 tsp crushed garlic
10 ml grated fresh ginger
125 ml fresh orange juice
30 ml grated orange rind
15 ml mild chutney
30 ml Cartwrights curry powder
125 ml coconut milk / 45 ml egg free mayo
Salt and pepper to taste
Wide saucepan with lid

Method

Sauté onion, garlic & ginger.
Add cubes of fish - cover for 2 mins.
Turn fish and mix in orange juice, curry & rind, then add to fish.
Cook on medium low for 2 mins.
Adjust seasoning then add coconut milk or mayo.
Heat through and serve on rice.

Baked Rice

Ingredients

Baking dish with lid
1 cup white rice
2.5 cups boiling water
15 ml Canola oil
Salt to taste

Method

Place all ingredients in dish and cover with lid slightly ajar.
Place in microwave on full medium power for 25 mins.
Leave to stand for 3-4 mins before serving.

Veg Lasagne

1 recipe blinis ready made

Mixture:

30 ml Canola oil
1 cup thin red onion wedges
2 cups peeled diced tomatoes
1½ diced baby marrows
2 cups diced mixed peppers
1 cup grated carrot lengthwise
1 cup cream
1 cup grated mozzarella cheese
30 ml Italian herbs
salt and black pepper to taste
large baking dish
large saucepan with lid

Sauté onions in oil in saucepan then add all veggies except tomatoes.
Put on lid for 3 mins then stir and put lid back on, then cook for 3 mins.
Add tomatoes & cook for 3 mins with lid on .
Add ½ cream & ½ cheese and cook for 2 mins.
Oil the baking dish and layer crepes and veggie mix.
Top off with crepes then spread with remaining cream and sprinkle with cheese and herbs.
Bake for 15 mins in convection oven or regular oven at 200°C.

*Good food, good wine are a pleasure, but true joy comes from sharing it with our family and friends.
Love Steven, Andy, Jami and Ryan Kramer.*

Crepes / Blinis

Ingredients

4 jumbo eggs
1 tin beer of choice = 340 ml
½ cup ice water
1½ cups sifted flour
½ tsp salt for savoury use
Add 1tsp sugar for sweet use
4 Tbsp oil
2 non-stick crepe pans
baking spray
clean kitchen drying towel

Method

Blend all ingredients in a blender or beat in your food mixer.
Allow to stand for ½ hour .
Spray 2 pans and heat on stove .
Pour a thin layer of mixture in each pan and swirl the pan together for tight coverage.
Return to heat at medium high .
The mixture sets and allow all the wet patches to dry.
Turn the crepes onto dish cloth and continue in this way until mixture is finished.
Fill crepes either as you go along or as soon as possible.
Store in fridge and fry when needed try not to freeze.
Yield = 16 - 18

Crepes in Orange Sauce

1 recipe crepes prepared

Ingredients

2 cups fresh orange juice
½ cup sweet marmalade
2 Tbsp orange liqueur ~ optional
large baking dish

Method

Fold crepes into triangular shapes .
Place crepes in rows slightly overlapping.
Heat sauce ingredients together.
Pour over crepes and heat in convection / oven for 15 minutes at 180°C or in a wide frying pan which is even quicker.

A labour outsourcing organisation that's

FLEXIBLE

Staffing solutions must be flexible, adapting to the evolution of the client's needs.

Assign Services is a labour outsourcing organisation supplying tailored and flexible staffing solutions to companies according to their short, medium or long term needs.



Tel +27 (011) 440 0005 • sean@assign.co.za • clifford@assign.co.za
www.assign.co.za

DANCERS

Dancers offers you:

- ❖ A highly qualified teaching faculty for both ballet & Spanish dancing
- ❖ Top training for RAD ballet exams, Alianza Flamenca Assessments & A.I.D.T. Modern
- ❖ Festival, cabaret & show work
- ❖ Stage productions
- ❖ Training for all ages from 3 years old to adults including:
 - Baby ballet classes
 - RAD pre primary to Advanced
 - Beginner Flamenco for 6 years & up
 - Adult beginner classes in Ballet & Flamenco
 - Body conditioning classes
 - Pilates (private & group)
 - Totem classes (adult dance class)
 - Superb facilities with state of the art studios & equipment
 - Secure parking facility

THE
CLASSICAL
POINTE
Royal Academy of
Dance

El Rincon
FLAMENCO
Alianza Flamenca

We are situated at 17 Kent Road, Bryanston

For enquiries visit our website www.dancerstudio.co.za or contact Dancers Principal Joanne Bobrow 0826006751



Elana Wainer

Australia

Elana's love for cooking was inspired by her mother Bertha Marks and sister June Edelmuth. She ran a successful catering company in South Africa providing a mouth-watering array of food for small and large functions. A passion for food extended further by running a large cooking school. Extra tips, chef's secrets, and traditional, classic and trendy recipes were shared in all her courses. Delicious, practical and versatile ideas have inspired many worldwide. Elana now lives in Sydney, Australia, enjoying its outstanding restaurants and culinary icons.

Perfect Chunky Minestrone Soup

±36 servings

(A large quantity – but halve your workload and freeze for a later date)

Use 1 x-large pot or 2 large pots

Ingredients

3 Tbsp (45ml) oil
10 baby leeks, sliced thinly
1 tsp (5ml) minced garlic
1kg mixed frozen vegetables (with diced peas, corn, beans and carrots)
1kg butternut or pumpkin (grated)
1 small cabbage (fist – size), finely shredded
2 tsp (10ml) salt
3 tsp (15ml) sugar
4 tsp (20ml) vegetable stock powder
6 litres water
2 boxes Telma vegetable soup mix (4 envelopes, each 52g)
4 tins Italian All Gold crushed tomatoes (or 3 tins plain tomato + 3 tsp dried origanum)
1 tsp (5ml) marmite
½ cup (125ml) tiny pasta shapes
Optional: 1 x 410g baked beans in tomato sauce

Method

Chop leeks and fry in oil. Add all ingredients except 2 boxes Telma, baked beans, vegetable powder and pasta shells. Boil for 3-4 hours with lid on, until vegetables are soft.
Mix Telma boxes with an extra 2 cups of cold water to form a paste. Add to soup. Boil 10 minutes.
Add baked beans and pasta shells. Boil another 10 minutes.
Check for seasoning. Serve hot with sesame toasts OR savoury snappers.

Sesame toasts

Can be made in advance.
Cut French bread on diagonal, 2 cm thick.
Spread with margarine, a little garlic salt and a sprinkle of sesame seeds.
Toast in oven at 180°C till slightly golden.

Sponsored by Delores Fouche, Fresh, Fab Flavours all year round.

Lemon Chutney Chicken

Serves 8

Ingredients

8 portions chicken OR 30 drumettes (wings with side bones removed)
2 cups (500ml) chutney
1 ½ cup (375ml) lemon juice
4 tsp (20ml) curry powder
2 tsp (10ml) ginger
2 Tbsp (30ml) oil
4 Tbsp (60ml) brown sugar
⅓ cup (80ml) chopped coriander OR basil leaves
2 Tbsp (30ml) lemon rind
2 lemons, cut into wedges

Method

Combine sauce ingredients. Marinade chicken for 2 hours.
Bake at 220°C for 50-60 min till crisp.
Don't overcook. (Drumettes take less time).
Add lemon wedges in the last 20 min.

Happy eating from Vivienne, Trevor and Kayla Hosiosky.

Sesame Ice Cream with Sesame Praline Wafers

Makes 2½ - 3 litres

Ice cream:

6 eggs
¾ cup (190ml) icing sugar
2 cups (500ml) cream OR Orley Whip
2 boxes vanilla instant pudding
2 tsp (10ml) vanilla essence
½ cup (125ml) milk OR soya milk (Nutrilev)

Sesame praline:

2 cups (500ml) sugar
1 cup (250ml) water
½ cup (125ml) sesame seeds

Method

Ice cream:

Separate eggs. Beat yolks and icing sugar for 3 min, till thick and creamy.
Add vanilla essence.
In a separate bowl beat cream OR Orley whip till stiff. Add vanilla instant pudding, beat till thickened.
Add milk. Mix for 2 min.
Fold cream into yolk mixture.
Beat egg whites till stiff.
Fold yellow mixture into white.
Fold crushed praline into ice cream.
Line a 2 ½ - 3 litre tin with foil. Pour ice cream mixture into tin. Freeze for 2-3 days.
Serve: Decorate ice cream with extra praline wafers.

Sesame praline:

Mix sugar and water in wide bottom pot on low heat till dissolved. Turn up heat when sugar has dissolved.
Don't mix. To prevent crystals from forming, wash down sides of pot with a pastry brush that has been dipped in water. Boil till mixture is a rich caramel colour.
Place sesame seeds in pot. Quickly stir with a wooden spoon. Remove from heat before caramel burns.
Pour praline over a baking tray which is covered by a sheet of baking paper. Swivel tray to get thin, even coating of praline. Cool.
Crush half praline in magimix. Break the other half in shapes of wafers for decoration.

Happy cooking! Gary, Debbie, Greg and Michael Meyer.



Ellenor Sacks

Canada

*“ **When we emigrated** to Toronto 10 years ago, I realised that the kitchen is truly the heart of the home and that good home cooked food is what brought friends and family to our table. It was from this passion to satisfy the palates of others that I began exploring and experimenting with the ingredients of a new country, which resulted in the creation of a niche catering business as well as teaching cookery classes from my kitchen.*

No matter what the temperature outside is, there is always a warmth that emanates from my kitchen.”

Marinated Artichokes with Spicy Cilantro Mayo

6-8 whole artichokes, trimmed

¼ cup olive oil

¼ cup lemon juice

2 tsp dried oregano

2 tsp dried basil

2 tsp dried parsley

½ tsp salt

Black pepper

Place artichokes in a deep heavy pot & just cover with water. Add remaining ingredients.

Cook partially covered at a gentle boil until leaves pull away easily, 45-50 minutes.

Drain artichokes & transfer to a large container with a lid.

Allow to cool before adding marinade.

Marinade

½ cup Canola oil

1 cup white vinegar

1 cup water

1 Tbsp salt

3 Tbsp sugar

Black pepper

Mix marinade ingredients & pour over artichokes.

Cover & store in fridge for at least 2 days before serving.

Spicy cilantro mayo

1 cup Hellmans light

¼ cup chopped cilantro

1-2 Tbsp sweet chili sauce

1 Tbsp lemon juice

Cayenne pepper

Combine ingredients in a small bowl & serve with artichokes as a dipping sauce.

To serve

Remove artichokes from marinade. Serve on a platter with a bowl of spicy cilantro mayo for dipping leaves into.

In memory of Alegria Hatchuel for whom every meal was a gift of love.

Tuna Tartar

500g sushi quality tuna
2 Tbsp sesame oil
1 Tbsp soy sauce
1 Tbsp finely chopped green onions
Rice crackers or cucumber slices

Mince or finely chop tuna.
Place in a medium bowl.
Gently combine sesame oil, soy sauce & green onions with tuna.
Do not over mix.
Cover tuna mixture with plastic wrap and refrigerate for at least 2 hours to allow flavours to combine.
This must be made on the day of serving.
Serve with rice crackers or cucumber slices.

Striped Spinach Salad

Bag of baby spinach
2 packs of ramen noodles
3-4 green onions
Avocado
3-4 sticks of celery
3-4 hard boiled eggs

Toppings

Ramen noodles – toast on cookie sheet at 160°C for 12-14 minutes until golden

Green onions – slice finely

Celery – slice finely in half moons

Avocado – diced

Hard boiled eggs – chopped

Dressing

½ cup Canola oil
½ cup white wine or apple cider vinegar
¼ cup brown sugar (heaped)
¼ cup Hellmans lite
Salt & pepper

Combine dressing ingredients in blender.

To serve

Place spinach leaves on a large platter.
Garnish with stripes or patches of each topping.
Drizzle with dressing before serving.

With love and best wishes from Rae Goldberg .

NATURAL EXPRESSIONS

POWERPLATE



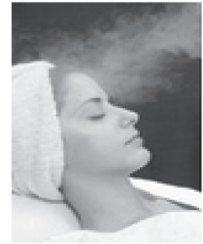
Hot Stone Massage



GUINOT HYDRADERMIE FACIALS

Dermalogica

RegimA Peels



REFLEXOLOGY



Balsan Pedicure

Cellulite Treatments

PATRICIA CLARK WRAPS

IPL TREATMENTS

114 11th Street, Parkmore, Sandton (011) 783-0270



PARK VILLAGE AUCTIONS

www.parkvillageauctions.co.za

Can we boast about :-

- One stop shop for all facets of the auction process
- Track record exceeding twenty years
- No outsourcing, all processes are managed internally
- Solid and respected reputation for service and delivery
- Setting the standards and pace
- Finding buyers
- Innovation by our modern approach to selling

**Phone 011 789 4375
011 440 6797**

**Fax 011 789 4369
011 440 4888**



The South African Institute of Auctioneers (SAIA), Members of: The Estate Agents' Board, Chamber of Commerce and Industry Johannesburg.



Estelle Sachercowitz

“My first connection with food occurred when I was a child. My beloved aunt ignited my interest in cooking and from her I learnt to appreciate the importance of detail in every dish. When I married, my mother-in-law further enhanced my love for the culinary process. With two amazing women as inspiration, I knew I would be forever connected to food.”

For the past 13 years, Estelle has managed a niche catering company, working in Johannesburg and throughout South Africa. She uses seasonal, natural ingredients and fresh flavours, preparing each dish to perfection in a unique way and simplifying cuisine to reveal the essence of the recipe.

Antipasta Salad

2 red onions
2 lettuces, cos and butter, washed
2 cups fresh rocket, washed
2 red peppers, roasted and cut into strips
1 tin artichokes, cut into quarters
1 tin palm hearts, sliced
1 cup pitted assorted olives
1 bunch chopped spring onion
Punnet baby rosa tomatoes, halved
1 packet cocktail asparagus, boiled for 2 minutes
200g cubed feta (optional) and/or cubed mozzarella

Dressing

½ cup olive oil
¼ cup red wine vinegar
Small clove garlic, minced
½ tsp sugar
½ tsp salt
½ tsp mustard powder
Ground black pepper to taste

To make dressing

Whisk all ingredients together. Adjust flavor.
Best made the day before and chilled .

For the salad

Cut red onions into quarters.
Drizzle with olive oil and roast in 180°C oven until firmly cooked.
Spread lettuces and rocket on a platter and place all vegetables in groups on top.
Sprinkle with chopped spring onions .
Drizzle with dressing before serving.

With best wishes, Patrice, Karen, Benjamin, Georgia and Ilan Moyal.

Moroccan Lamb

1 shoulder of lamb
Sprigs of fresh rosemary
Sprigs of fresh origanum
3 cloves of garlic, peeled and cut in half
2 fresh lemons
¼ cup syrup
½ cup tomato sauce
Small tin tomato purée
1 tsp ginger
2 Tbsp vinegar
1 tsp paprika
2 Tbsp Worcestershire sauce
3 chopped onions
Ground black pepper
2 bay leaves
1 tsp cumin
3 sliced carrots

Trim lamb. Place in dish and rub with fresh lemon juice.

Make slits and insert garlic cloves into lamb.

Insert sprigs of origanum and rosemary into lamb.

Cover and marinate overnight.

Preheat oven to 200°C.

Roast lamb in marinade, covered for ½ hour and uncovered for ½ hour .

Discard fat. Season with black pepper.

In a pot, fry chopped onions in a little olive oil until light brown in colour.

Mix in tomato sauce, tomato purée, ½ cup water, paprika, ginger, worchestershire sauce, vinegar, cumin, syrup, sliced carrots, bay leaves.

Pour over lamb and continue to roast in a 190°C oven for 2 – 3 hours covered.

Baste occasionally.

Serve with couscous.

Best wishes from Isabel and Brian Romberg.

Ice-Cream with Rocky Road Sauce

Homemade vanilla ice-cream

Sauce:

½ cup water

1 Tbsp instant coffee

1 Tbsp cocoa powder

200g chopped dark chocolate

12 white chopped marshmallows

100g chopped glacé cherries

100g toasted almonds

Place water, coffee, cocoa and chocolate in a pot over low heat.

Cook, stirring for 3 – 4 minutes.

Add marshmallows, cherries and almonds.

Spoon warm sauce over ice cream.

Best wishes, Joe and Lila Gobetz.



Europa-Rosebank

***This recipe** comes care of Europa Rosebank, part of the Antimo Foods Group and winner of store of the year 2009. Established for 6 years and situated at the entrance to the Mall of Rosebank, hosts Estelle and David are happy to welcome you any day of the week to sample delicious coffee and mouth watering dishes.*

Giselle salad

This recipe is for a serving of one but in many cases can be shared by two.

Ingredients

170g skinless chicken fillets
2 handfuls mixed lettuce
6 green beans
½ a ripe avocado
7 cherry tomatoes
½ cup of grated carrots
12 oven baked croutons

DRESSING

3 Tbsp mayonnaise
½ tsp honey
½ tsp wholegrain mustard

Method

Cut chicken into strips, dust with Cajun spice and grill until cooked through.

Arrange lettuce in pyramid shape in the bowl, place grated carrots on top of lettuce and arrange tomatoes and croutons around the edge of the bowl.

Slice avo into eight slices and place around the salad with the chicken strips and green beans in formation. Top with cherry tomatoes.

DRESSING

Blend all ingredients together in a bowl and mix thoroughly.
Serve in a bowl alongside the salad.

In loving memory of Dennis Goldberg, whose culinary skills were legendary.



Evita Bezuidenhout

***Evita Bezuidenhout** is the invention of South African born satirist Pieter-Dirk Uys, son of a Calvinist Afrikaner and a Berlin born Jewish mother. As Evita Bezuidenhout, Pieter-Dirk Uys portrays the most famous white woman in South Africa.*

Born Evangelie Poggenpoel in the dusty Orange Free State town of Bethlehem on the 28th September 1935, Evita married Dr J.J. de V. Bezuidenhout (affectionately known as Oom Hasie), the Member of Parliament for Laagerfontein in 1958. As Oom Hasie's wife, Evita met and became involved with many politicians and was appointed as SA Ambassador to the Independent Black homeland, Republic of Bapetikosweti, for 10 years. As such she left an indelible mark on the blueprint of change and today her recipe for bobotie is internationally regarded as the basis for reconciliation. Sit down, eat and talk is her slogan, and trouble spots throughout the world owe their future to her kitchen skills!

Evita is known and loved as a truly phenomenal woman, not only in her own country, but worldwide. She was awarded the Living Legacy 2000 Award in San Diego by the Woman's International Centre for "Her contribution to the place of women in the last century". Both Mother Theresa and Hilary Clinton are past honourees of this award and while they received it for their own uniqueness, Tannie Evita received it for the laughter and positive energy that her presence evokes.

Chicken Soup & Stock

‘Before we start, I simply must share the magic of all good cooking. Golda Meir gave me her secret weapon: her very own recipe for “Golden Broth” as she called it. There are many variations, for example boiling a whole chicken, adding bay leaves, fennel seed, a bunch of thyme or orange peel, a pinch of saffron or turmeric, a diced tomato and so on, but here is her classic recipe for “Jewish penicillin”.’

Roast a good farm chicken. The roasted bones add taste and colour to the soup. Put 2 litres of water into a large stock pot. Add the chicken carcass, keeping the meat to use in another dish. Add the giblets, onions, leek, turnip and carrots, all cut in fat chunks; also add celery, salt, parsley stalks and peppercorns.

Bring to the boil; then simmer gently over low heat for about an hour and a half. Strain the soup into a bowl and allow to cool. Chill and remove the fat once it has floated to the top. Voila ! You have chicken soup!

This soup or stock can be used as a basis for most soups and sauces, and can also be added to pasta and used to cook risotto. It’s wonderful flavor adds richness all round. It can be kept in the fridge for up to three days. Alternatively, freeze in small batches for future use.

1 farm chicken with giblets
2 medium onions, unpeeled
1 leek
1 turnip, halved
2 carrots
2 celery stalks with leaves
8 peppercorns
parsley stalks

Padkos

“ Padkos is a very important part of travelling, as I am not keen on stopping at petrol station cafes when I’m hungry- so much more relaxing to find a picnic table under a tree where I can spread out my tablecloth and my own homemade delights. So the night before I set off on a journey, I cook up a storm as one never knows what is in store ...”

Bambi bobotie

1 large onion
2 tsp curry powder
1 tsp turmeric
300g mincemeat
1 Tbsp fine semolina
2 tsp lemon juice
1 bay leaf
2 eggs, a little milk (optional non-dairy)
2 Tbsp chopped, dried apricots
2 Tbsp sultanas
2 Tbsp chopped peanuts

I cannot travel without bobotie, so I’ve simplified my recipe. I also make it this way for cocktail parties – cut into squares.

Saute onion until soft. Add curry powder and turmeric and fry for 2 minutes. Add mincemeat and cook over medium heat, adding semolina and lemon juice, salt and pepper. Cover and cook for 15 minutes. In a bowl, mix the eggs, milk, chopped apricots, sultanas and peanuts. Add the meat mixture and mix lightly with a fork. Turn into a small greased ovenproof dish and press a bay leaf on top. For the topping, beat egg with a little milk and turmeric. Pour over Bobotie and bake at 180°C for 45 minutes until it is set and golden and pulls away from the sides of the dish.

Custard topping
1 egg
1 Tbsp milk (optional non- dairy)
½ tsp turmeric

Reprinted with permission from *Evita’s Kossie Sikelela*, published by Umuzi, © 2010 Linda Vicquery and Pieter-Dirk Uys

Kosher Dinner

'How I love to join my Jewish friends for their celebrations – marriages, barmitzvahs, circumcisions etc. Special dishes are prepared on religious holidays and, of course, the Ashkenazi traditional foods are different from those eaten in the Sephardic world. One must remember a few dietary laws when entertaining kosher friends. Dairy products are never eaten after meat. Pork, blood and crustaceans are forbidden. Wine, beer and alcohol are enjoyed with dinner. Maybe I should offer my kosher friends a South African meal, but I always enjoy the opportunity to make real Jewish food - and, when in doubt, to ask my friend Nowell Fine for advice.'

Potato Latkes

Peel and finely grate the potatoes. Put them in cold water. Drain. Wrap in a tea towel and wring out as much liquid as possible. Beat the egg. Add salt and grated potatoes and stir to mix well. In a nonstick frying pan, heat just enough oil to coat the bottom. Drop dessertspoonfuls of the mixture into the hot pan. Flatten and lower heat for potato cakes to heat through, turning to brown both sides. Serve immediately.

500g potatoes
1 egg

Pickled cucumbers

Pack cucumbers tightly in a jar. Bring water to the boil with salt, garlic, peppercorns and dill and then pour over cucumbers to cover. Let it cool, cover and keep in the fridge for a week. Deliciously crunchy, it can be served as an aperitif or with chopped liver or herring.

1 kg small cucumbers
6 cups water
3 Tbsp coarse salt
4 cloves garlic
10 black peppercorns
A bunch of dill

Chopped liver

Slowly sauté onion in fat until transparent and golden. Add the livers and cook for about 5 minutes or so. Remove from pan and cool. Using knife and fork, roughly chop up the livers with 1 boiled egg to make a course paté. Season. Spread out onto a plate and garnish with the other egg which has been finely chopped. I add a little lemon juice to the mixture to enhance the flavor.

1 onion, chopped
Chicken fat or sunflower oil
250g chicken livers, deveined
2 hard boiled eggs

Hungarian chicken

Buy chicken from a kosher butcher. Brown chicken pieces on both sides in chicken fat and remove from pan. Add onion in the same pan, sautéing slowly with the chopped red pepper until soft. Add tomatoes, sugar, paprika, and chopped chilli and salt. Stir and mix together. Return chicken to pan, cover and simmer slowly for half an hour. You may add a little water if necessary. Serve with rice. I like to serve it with yellow rice for a sweet crunch and a bit of South African flavour.

6 chicken legs and thighs
3 Tbsp chicken fat
1 large onion, chopped
1 red pepper, in strips
1 tin tomatoes, diced
1 tsp sugar
2 tsp paprika
1 red chilli, chopped

Reprinted with permission from *Evita's Kossie Sikelela*, published by Umuzi, © 2010 Linda Vicquary and Pieter-Dirk Uys

With Compliments

BOLBRAND POULTRY

**74 George Avenue,
Sandringham, 2192
Tel: 011 640 4080/4170**

QUALITY SERVICE, PRODUCT & HYGIENE



*Norman
Goodfellows*
By appointment to the neighbourhood. Est. 1976.

**Illovo: 192 Oxford Road, Illovo, 2196. Tel: 011 788-4814
Hyde Park: Hyde Park Shopping Centre. Tel: 011 325-5217/6462
Melrose Arch: Level 2 Melrose Arch, Woolworths Food Level. Tel: 011 684-2756/7**



Fay Lewis

Johannesburg-based Fay Lewis is a hostess par excellence and no stranger to the kitchen. Her love of cooking was inspired by her mother and nurtured by her mentor, the late Sannie Smit. Fay's style of cooking is clearly reflected in her personalised recipes that are simple to prepare and delicious. Her passion for food extends to her involvement in food styling for television and advertisements, as well as writing food articles for magazines.

She is the author of the award-winning and much acclaimed From My Oven, as well as At My Table, published by Struik Lifestyle.

Roast Pepper Salad

Serves 6

Ingredients

3 red peppers, halved and seeded
3 yellow peppers, halved and seeded
15 ml cooking oil
1 English cucumber, julienned
1 red onion, chopped
400 g cherry tomatoes, halved
100 ml snipped fresh watercress
500 ml fresh wild rocket

Dressing

30 ml Dijon mustard
30 ml red wine vinegar
10 ml golden brown sugar
1 ml salt
100 ml olive oil
Preheat the oven to 220°C.

Method

Coat a roasting pan with cooking spray.
Place the peppers in the prepared pan, drizzle with the oil and roast for 30 minutes.
Remove from the oven, leave to cool, then pull off the skins and slice.
Place the peppers and remaining ingredients in a salad bowl.

To make the dressing:

Combine the mustard, vinegar, sugar and salt in a small bowl.
Whisk in the olive oil and set aside until ready to use.

To serve:

Spoon over the dressing and serve immediately.

Baked Scottish Salmon with Noodles and Crispy Cabbage

Serves 6

Ingredients

6 x 200 g fillets Scottish or Norwegian salmon
45 ml olive oil
15 ml salt crystals
15 ml wholegrain mustard

Crispy Cabbage

350 g baby white cabbage, sliced
20 ml cooking oil
3 ml salt
10 ml white sugar

Noodles

500 g ribbon egg noodles
15 ml sesame or peanut oil
45 ml light soy sauce
100 ml snipped fresh chives
100 ml chopped fresh coriander
2 carrots, peeled and finely chopped
200 g mangetout, blanched
Preheat the oven to 200°C.

Method

Coat an ovenproof dish with cooking spray and set aside. Place the fillets in the prepared dish and season with the oil, salt and the mustard. Bake for 30 minutes, or until cooked. Remove from the oven and set aside until ready to serve.

To make the cabbage: Heat the oil in a wok or large, heavy-based frying pan. Add the cabbage and fry for 2 - 3 minutes or until frizzled and golden. Remove from the heat and add the salt and sugar.

To make the noodles: Boil the noodles in a large saucepan of salted boiling water until al dente. Drain and toss in the oil and soy sauce.

To serve: Spoon the noodles onto a serving platter, top with the salmon and sprinkle the cabbage over.

Best wishes from Ian, Colleen, Justin and Bradley Suttner.

White Pannacotta

Serves 6

Make ahead: Pannacotta can be made 1 day ahead.

Ingredients

4 gelatine sheets
600 ml fresh cream
150 ml milk
60 g castor sugar
200 g good-quality white chocolate, broken into pieces

Method

Coat a mould or individual cups with cooking spray and set aside. Soak the gelatine sheets in a plate of cold water until soft and set aside until ready to use. Heat the cream, milk and the castor sugar in a heavy-based saucepan over low heat to melt the sugar, stirring occasionally. When the cream starts to bubble up the sides of the saucepan, remove from the heat and stir in the chocolate until melted. Drain the excess water off the gelatine and add to the cream mixture. Stir until dissolved. Pour the mixture into the prepared mould or cups and refrigerate overnight or for at least 6 hours. The pannacotta should still have a slight wobble when ready to serve.

To serve:

Unmould onto a serving platter and serve.

L'Chaim ! To life and love and great meals always, Love the Wolmans.



Feast

..... a celebration of life

Feast has been an important part of the quaint little town of Parys since June 2005. Parys is a town that offers a large variety of coffee shops, restaurants, antique shops, art galleries, outdoor entertainment, team building and wedding venues. This combination provides a stunning destination experience. Approximately 8000 - 12000 people visit Parys over weekends and it has established itself as somewhat of a weekend escape – an excellent getaway for stressed citizens. People visit Parys from Gauteng, Pretoria, the Vaal Triangle, the Free State and beyond!

*Whether one plans to spend only a day in Parys or a weekend, you are sure to find something that will entice your senses and a weekend in Parys would not be complete without dining at **Feast**, a place where one can let their hair down and celebrate life.*

Set in a European/Contemporary style, Feast gives one the impression of a French Cafe. Meals are prepared with the utmost passion and the menu is a collection of fusion cuisine with Mediterranean & Asian influences.

Thai Chicken Soup

(Serves 8 - 12)

Ingredients

1 litre chicken stock
6 tins of coconut milk
3 pieces of lemongrass
6 red chillies, deseeded and chopped
1 piece palm sugar
10 Tbsp fish sauce
3 ginger pieces - chopped
1 tsp black bean sauce
2 Tbsp soya sauce
100 ml lemon juice
Fresh coriander (chopped)

Method

Place all the ingredients in a pot and boil together for 15 minutes. This is the base soup.

On service

Place one portion soup in a pot and add $\frac{1}{3}$ cup chopped chicken and 2 sliced mushrooms .
Cook until done. Add a few coriander leaves and serve.

This page sponsored by Cynthia and David Gluckman.

Peppadew Crusted Salmon Pâté

(Serves 3-4)

Ingredients

2 packets of smoked salmon
1 cup cream cheese
1 cup cream – whipped
Handful of dill, chopped finely
Handful of chervil, chopped finely
Ground pepper
Salt to taste
Chopped peppadews

Method:

Blend the smoked salmon until it resembles a paste.
Add the pepper, dill and cream cheese and blend until mixed well.
Take care not to blend too much.
Fold the whipped cream into the salmon mixture.
Mix the chopped chervil with the chopped peppadews.
Spray and Cook the dariole moulds well.
Place a flat tablespoon of peppadew mix into the bottom of the dariole and compress.
Spoon salmon pâté onto the peppadew crust until the mould is $\frac{3}{4}$ full.
Smooth on top and cover with wrap.
Leave overnight to set.
Garnish with chives.

Serve with 4 pieces of Melba toast and a herb salad.

Happy Cooking ! Love from Chad and Ryan Seligman.

Peach Melba (with a twist)

(Serves 1)

Ingredients

1 puff pastry round

1 peach half

Cinnamon sugar

2 Tbsp black cherry or mixed berry compote (take 1 tin of black cherries or 400 g of mixed frozen berries, add 1 cup of sugar and boil for ½ an hour, then liquidize and cool down – don't liquidize too much otherwise it becomes too smooth)

1 scoop vanilla ice-cream with white and dark chocolate shavings

Method

Grill peach half in a griddle pan.

Paste puff pastry round with beaten egg and sprinkle with cinnamon sugar – bake till golden brown.

Plating

Place 1 Tbsp of black cherry compote on the plate and spread out.

Place the baked puff pastry round in the middle on top and sprinkle.

Place the grilled peach slices (done on a griddle pan) on top.

Add one scoop of ice cream.

Add another Tbsp of black cherry compote on top and finish with mint or rose geranium leaf and a little bit of icing sugar on the side.



Felicia Kahn

Australia

“ We arrived in Australia in 1986 and in 1987 took over the kosher butchery which did not even consist of a fridge counter - if you wanted a chicken it was brought out and put onto a wooden bench! Stanley, my husband, immediately revolutionised kashrut in Sydney. He installed a refrigerated counter and introduced a pepper steak. Well, you would have thought that moshiach had arrived! We then turned the kosher butchery into a business where we had the best pies, homemade BBQ chickens and many varieties of meat and chicken in various sauces (like one sees in a non-kosher butchery) as well as a large variety of upmarket small goods. We then sold the business in 1989 and have been doing kosher catering for about 20 years, starting off as Front Page and then, in 2005, merging with Cherry Bim.

Our catering includes developing pasta sauces and various pastas, even a liquorice pasta! We employ on a daily basis an average of approximately 40 staff and even more on weekends, depending on how many functions we have.

The largest function we have catered was for 3000 people - a hot, three course meal.

Walnut and Parsley Sauce

Ingredients

35 g breadcrumbs
130 g crushed walnuts
3 g salt and pepper
1 litre fresh cream
20 g chopped parsley

Method

Mix all the ingredients and bring to the boil.

Tomato and Basil Sauce

Great for pastas and chicken

Ingredients

2½ kg fresh tomatoes
750 g tomato puree
5 g crushed garlic
30 g sautéed onions
Salt and pepper to taste
3 bunches basil

Method

Sauté onions, cook tomatoes and blend, add rest of ingredients and boil.

Chilli Lime Dressing

This is very nice on a salmon carpaccio or smoked salmon salad

Ingredients

310ml (1 ¼ cups) fresh lemon juice
60ml (¼ cup) finely chopped coriander
125ml (½ cup) finely chopped mint
190ml (¾ cup) brown sugar
125ml (½ cup) soya sauce
60ml (¼ cup) water
10ml (2tsp) crushed garlic
1 – 3 red chillies, seeded and chopped
5ml (1 tsp) salt

Method

Combine dressing ingredients, mix well and refrigerate.

Baked Tomato Risotto

Ingredients

30ml (2 Tbsp) olive oil
½ packet frozen chopped onion or 1 large onion, chopped
5 ml (1 tsp) sea salt
250 ml (1 cup) arborio rice
375 ml (1½ cups) chicken or vegetable stock – boiling water mixed with 3 teaspoons stock powder
400g tin chopped tomatoes
1 ml (¼ tsp) black pepper
70g grated parmesan or pecorino cheese

Method

Preheat oven to 200°C.
Spray a 10 cup casserole dish with olive oil spray.
Heat olive oil in a saucepan and add onion and sea salt and sauté till onion is soft.
Add rice and stir 1 minute till rice is well coated.
Add stock, tomatoes and black pepper and bring to simmering point.
Pour into prepared pan and mix.
Sprinkle with cheese.
Cover and bake for 30 minutes or until rice is cooked.
Serve with extra cheese.

Lamb Shank and Barley Soup

(Serves 8 - 10)

Ingredients

3 - 4 lamb shanks
2 carrots, diced
2 stalks celery, diced
1 parsnip, diced
1 leek, chopped
1 onion, finely chopped
1 large sweet potato, diced
1 large potato, diced
¾ cup barley, rinsed
10 cups beef stock
Salt and pepper to taste

Method


Place all ingredients into a large pot and bring to the boil. Reduce heat, cover and simmer for 2-3 hours. Remove shanks and cut meat into small pieces. Return meat to soup (and bones if you like). Season with salt and pepper.

• HOMEWARE • DECOR • GIFTWARE •

Handmade By Bev

MORNINGSIDE SHOPPING CENTRE 087 940 3860
 NORWOOD GARDENS (011) 728-9703/4
 BENMORE GARDENS (011) 884-4429

CBJ
COUNTRY
Casual Wear for Women



Killarney Mall (011) 646 6672



Franjelicas *Coffee Shop,* *Deli & Catering*

***Franjelicas** was established in January 2005 by sisters Fran & Beth. Over the years Franjelicas has progressed from a basic coffee shop into a fully fledged milchik restaurant. Due to the increased demand, we also developed an extensive catering menu which has served to enhance many a simcha with its delicious options and beautiful presentation. Our Franjelicas motto being “Homemade with love!”*

Fran gained her cooking and baking experience from The Sharon Glass Cookery School – “Sharon is my favourite ‘local’ food hero! I spent many a morning in her kitchen, in the earlier part of her teaching days”. “My favourite pastime is spent in the kitchen, creating new dishes”.

Baked Tortilla Cake

Ingredients

7 x tortilla wraps
Cream cheese – 2 cups
Cheddar cheese – 1 cup for mixture + extra ½ cup
Mozzarella cheese – 1 cup
Feta Cheese – ½ cup
1 cup napolitano sauce
Fresh chilli and coriander
Pepper / salt

Method

Crisp wraps on a hot pan (can also be baked in oven) – and set aside.
Mix together in a bowl – 1 cup cream cheese, ½ cup each of mozzarella, cheddar and feta cheese (you may want to double this mixture).
Make a napolitano mixture, adding a few freshly sliced chillis (depending on how hot you would like the sauce), and a handful of freshly chopped coriander.
Place the first wrap onto a baking tray and top with some of the cheese mixture. Continue until there are just two wraps left, filling the second last with only cheddar cheese.
Top the cake with napolitano & chilli mixture and bake in a 180°C oven until the cheese has melted.
Top with fresh coriander and cut into slices to serve.

In loving memory of Hessie Leigh - Mom you are always in my heart!

Authentic Curry Fish

Ingredients

Mustard seeds – 1 tsp

2 medium onions, chopped

2 cloves garlic, chopped or sliced thinly

Fresh ginger – thumb size, chopped or sliced thinly

1 x chilli (optional)

3 carrots, sliced at an angle

4 medium potatoes, cubed

Butternut and peas (optional)

Coriander

1 tin chopped tomato

1 tin coconut milk

Curry mixture made from 1 Tbsp of medium curry powder, 1 Tbsp sugar, ½ Tbsp cumin, paprika, coriander, turmeric, cinnamon and 1 Tbsp of vegetable/chicken stock – dissolved in about 1 litre of hot water.

1 kg fresh hake or kingklip

Basmati rice: follow cooking instructions on packet and add a little chopped spring onion once it's cooked.

Method

Fry the mustard seeds and onion on a gentle heat, add garlic, ginger, and few slices chopped chilli (optional). Add vegetables and let cook for a few minutes, stir in curry mix, stock, tinned tomato, chopped coriander and coconut milk.

Add fish and let simmer for a while, allowing fish to cook through.

Season with salt and black pepper.

Serve with basmati rice and a little fresh chopped coriander on top.

Warm wishes Greg, Bronwyn, Gabriella, Benjamin and Danya Kinross.

Vegetable Chow Mein

Ingredients

Onion (cut in ¼)
Oil for frying
Fresh garlic and ginger, chopped
Carrots, sliced at an angle
Snow peas
Red pepper, cut into chunks
Baby marrow, sliced at an angle
Mushrooms
Spring onion
Sprouts
Fresh chopped coriander
5 spice flavouring
Salt / black pepper
Soya/ honey sauce (can use any stir fry sauce of preference)
Sesame seed oil
Sesame seeds to sprinkle on top
Rice noodles / basmati rice

Method

Heat the oil and add onion, garlic and ginger.
Add the carrots, red pepper, mushrooms, baby marrow and peas (the vegetables should only be lightly cooked but still be crunchy), should your wok or frying pan not be big enough, then rather do the vegetables in small batches.
Season with the Chinese five spice flavouring, soya/honey sauce and coriander.
Add the spring onion and sprouts last.
Adjust seasoning and sprinkle with a little sesame seed oil to flavour and sesame seeds.

Serve the stir-fry with the noodles or rice, sprinkled with a few sesame seeds and fresh coriander.

(Beef or chicken strips can also be added if preferred)

With love from Jules, Stephanie, Cayla, Adam and Jonathan Urdang.

Thai Fish Parcels

Ingredients

Ginger, thumb size

Garlic, two cloves

Chilli, one or two depending on how hot you would like it

Coriander – one bunch, stalks included

Soya sauce, 1 Tbsp

1 tsp sesame oil

Coconut milk – 1 tin

Juice and zest of 2 limes

Method

Mix all the above ingredients in a pestle and mortar, or food processor.

Place fish onto a piece of tinfoil large enough to fold into a parcel.

Add above ingredients.

Fold ends of tinfoil to form a parcel, holding fish and paste firmly inside.

Seal properly and place parcels onto baking tray.

Bake in a hot oven for around ½ hour.

Serve with basmati rice – cooked as per package instructions, with chopped spring onion.

Lavash Breads

Ingredients

½ cup honey

1 Tbsp salt

300g oil

2 kg flour

800ml water

Egg wash

Assorted seeds to sprinkle

Method

Mix all ingredients in food processor, rest dough for about an hour, roll into a long oblong shape, brush with egg wash and sprinkle with seeds.

Bake on medium heat until browned.

Red Velvet Cupcakes

Ingredients

2 ½ cups flour
1 ½ cups castor sugar
1 tsp bicarb
Pinch of salt
2 well rounded Tbsp cocoa powder
1 ½ cups oil
1 cup buttermilk
2 jumbo eggs
1 bottle red food colouring (30ml)
2 tsp vanilla
1 tsp vinegar

Icing

250g butter
250g cream cheese
1 kg icing sugar
2 tsp vanilla

Method

Sift together flour, sugar, bicarb, salt and cocoa powder.
Gently beat together the oil, buttermilk, eggs, food colouring, vinegar and vanilla.
Add the sifted dry ingredients to the wet mixture and mix well.
Bake at 180°C for 20-25 minutes. Allow to cool completely before icing.

Icing

Mix butter, cream cheese and vanilla together, lastly adding in sifted icing sugar until combined. Can add a few drops of red colouring if desired.
Garnish with fresh raspberry or sugar crusted rose petal.

Happy cooking! Best wishes Paul, Adrienne, Melissa and Jaymee Gobetz.

Lemon Meringue Cupcakes

Ingredients

Cake

Grated zest and juice of 3 lemons
200g softened butter
200g castor sugar
3 eggs
250g flour
1 tsp baking powder
½ cup milk (may need a little more)

Lemon mixture

1 tin condensed milk
2 egg yolks
¾ cup fresh lemon juice

Meringue

Sugar syrup made from 1 cup sugar and ¼ cup water
2 egg whites
1 Tbsp lemon juice

Method

Cake

Beat all ingredients together for 2-3 mins , until mixture is light and fluffy. Add a little more milk if needed. Spoon into a muffin tray lined with paper cups and bake at 180°C for about 20-25 mins. When cooled down, using a pointed tablespoon, dig a smallish hole in the middle of the cupcake and fill with the lemon mixture - (1 tin condensed milk mixed with 2 egg yolks and ¾ cup fresh lemon juice). Top each cupcake with the meringue mixture. Using a blow torch, slightly brown the top of the meringue.

Meringue

Dissolve sugar and water and let boil on a gentle heat for a few minutes. Whisk egg whites, adding 1 Tbsp of lemon juice. Add sugar syrup to egg whites and continue to beat until thick and shiny.

Carry on cooking, love Gavin, Batya, Zoe, Jade and Alex.



ILLOVO

*Pedro, Nico, Chris, Abe, Jonathan
and all the Staff at Fishmonger Illovo
wish all our Jewish Clients*

Chag Sameach

204 Oxford Road, Thrupps Centre, Illovo
Tel: 268 - 0067/8

AMANDA APPEBY

SPECIALISING IN:

Fine Jewellery

Costume Jewellery &

Accessories

Silver Smalls



Decorative Items from

the Victorian,

Art Nouveau, Art Deco

& Post War Period

We Buy & Sell

*If you have any of the above items for sale please contact Marlène Druck on Tel: (011) 784-2806
U 41, Village Walk, Cnr. Maude Street and Rivonia Road, Sandown 2196*



Gloria Rootshtain

Israel

Gloria Rootshtain was the founder of GLORIA'S CATERERS and has catered for State Presidents, Prime Ministers and other visiting and local dignitaries. She, together with her husband, Isaac, opened the Connoisseur Hotel in 1975, giving South Africa its first prestigious all Kosher International Hotel.

Gloria represented South Africa in an International Culinary Competition in Jerusalem in 1978, the first South African ever to compete in an international competition, where, competing against teams of chefs from all over the world, she distinguished herself by winning two gold and two silver medals. In the same year Gloria was commissioned to write "Cooking with a Connoisseur" and became a nominee for the Star Woman of the Year.

Gloria is a Fellow of The Cookery and Food Association in Great Britain and she succeeded in breaking an all-male barrier when she was elected a "Master Craftsman" to the elite Craft Guild of Chefs, which is under Royal Patronage.

Gloria was actively involved in forming and establishing the South African Division of the Cookery and Food Association of Great Britain, of which she is an Honorary Life Vice-President, Governor and its National President. The wife of the State President was its South African patron.

As teacher, trainer, lecturer and instructor, Gloria is internationally acknowledged as a leading exponent on Kosher Haute Cuisine, and is a regular judge at international culinary competitions.

In 1983 Gloria was invited to America on a very successful training and teaching mission. Her classes, held in New York over a six week period, were attended by men and women as far afield as Los Angeles and Canada.

Gloria is also a Fellow of the S.A. Chefs Association; Fellow of the S.A Gastronomic Association and an Honorary Member of the Israel Chefs' Circle. They presented her with a gold medal for her participation and contribution to the food and hospitality industry. Gloria was presented with another gold medal, the first of its kind by the Cookery and Food Association, for being the first South African ever to have participated in an international competition. Gloria is to be given further recognition by being published in the first prestigious book, "People and Places in Southern Africa". Gloria's book has been translated into several languages, including Hebrew and Spanish. Gloria is currently completing her next book.

QUICK TUNA & MUSHROOM HORS D'OEUVRE SERVED HOT

A lavish hors d'oeuvre so easily assembled and produced in a short period of time. The ingredients marry so well, producing an exotic and very inexpensive starter to your main meal.

INGREDIENTS 60g (2oz) butter or margarine 60ml (4Tbsp) flour, sifted 1 ml (¼ tsp) ground pepper 625ml (2 ½ cups) milk or non dairy milk 1 large packet salted potato crisps, lightly crushed 2 -3 x 210g(7oz) cans tuna fish, flaked Juice of tuna fish 250ml (1 cup) mushrooms sliced sprinkled with lemon juice	METHOD Using a double boiler melt butter on the top. Blend in flour and pepper. Stir in milk / parev milk, and juice from tuna. Stir gradually. Cook until thickened. Using a mixing bowl combine ¾ of crisps, flaked tuna fish, sliced mushrooms. Toss lightly to combine. Cover with hot sauce. Toss. Transfer to a well greased ovenproof casserole. Sprinkle over with remaining crisps. Bake in a preheated oven 180°C/350°F/Gas mark 4 for approximately 30 minutes or until bubbling and golden.
---	---

© Gloria Rootshtain

SENSATIONAL MACKEREL/SOLES

Mackerel is one of the smallest members of the tuna family and for that reason should be eaten fresh for the best results. Use soles if preferred.

INGREDIENTS 12 fresh fillets of mackerel approximately 60g (2 ozs) each 6 small bananas, skinned, cut into halves lengthways and sprinkled with lemon juice 60g (2 ozs) almonds, flaked 30 ml (2 Tbsp) oil 100g (3 ½ oz) butter or margarine 1 lemon Curry powder to taste (mild or strong) Flour Salt to taste	METHOD Combine flour, salt, and enough curry powder to taste. Coat mackerel fillets in seasoned flour and shake off excess. Heat oil and a drop of butter and fry mackerel until golden brown. Gently lift out and arrange on warmed serving platter. Coat banana halves in seasoned flour and cook in heated oil until golden brown. Garnish each fillet with half a banana. Using the same frying pan heat remaining butter to almost brown. Add almonds and cook until golden. Sprinkle a few drops of lemon juice into butter and pour over mackerel immediately, ensuring that the almonds are evenly distributed. Delicious served with parslid marble potatoes and a French salad. CHEFS TIP: Fillets of sole may be prepared in the same manner.
--	--

© Gloria Rootshtain

CREAM OF BUTTERNUT SOUP

Vegetarians will be delighted when offered this delicious creamy and elegant soup. Crisp croutons scattered over the top of each serving will assist in making that additional delicious garnish!

<p>INGREDIENTS</p> <p>1 Kilo (2 lbs) butternuts, peeled, seeded and sliced</p> <p>3 large starchy potatoes, peeled, and cut into small dice</p> <p>45 ml (3 Tblsp) vegetable oil</p> <p>2 large onions , cut into fine dice</p> <p>3 celery stalks, stripped and cut into fine dice</p> <p>500g (1 lb) firm ripe tomatoes, peeled and finely chopped</p> <p>60 ml (¼ cup) tomato purée</p> <p>1 x 440g can diced tomatoes with juice</p> <p>1 ½- 2 litres (6-8 cups) boiling water</p> <p>30 ml (2 Tblsp) vegetable soup powder or equivalent in cubes, crushed</p> <p>salt and ground black pepper to taste</p> <p>15 ml (1 Tblsp) sugar</p> <p>5 ml (1 tsp) curry powder</p> <p>250 ml (1 cup) thin dairy cream or non dairy cream</p> <p>6 slices crusted bread, cut into small cubes for croutons, and deep fried in hot oil</p> <p>Oil for deep frying</p>	<p>METHOD</p> <p>Using a heavy bottomed saucepan add oil and heat. Add onions and sauté for a few minutes until glazed. Add celery, butternuts, tomatoes, and potatoes. Gently sauté for about 5 minutes. Add boiling water, salt, pepper, sugar, soup powder/crushed cubes, canned tomatoes, and tomato puree. Bring to a boil. Reduce heat and cover with lid. Simmer gently for a further 45 – 50 minutes or until vegetables are soft and mushy. Taste and correct seasoning. Puree or liquidize mixture. Strain if necessary. Add fresh dairy cream or non dairy cream and serve with croutons....see recipe below.</p> <p>CROUTONS:</p> <p>Slice bread and cut off crusts. Dice into small cubes. Heat oil in a small deep saucepan. Drop bread cubes into hot oil. As they start to brown and crisp, remove and drain.</p>
--	---

© Gloria Rootshtain

AUBERGINE DELIGHT

This aubergine salad combines a delightful mixture of green and red peppers. Sautéed onions in olive oil will certainly make a tasty addition to your repertoire. This complements all meat and fish dishes.

<p>INGREDIENTS</p> <p>3-4 slim aubergines, peeled</p> <p>2 large onions cut into fine dice</p> <p>2 red peppers (pimentos) seeded, sliced into fine strips</p> <p>2 green peppers, seeded, cut into fine strips</p> <p>60ml (¼ cup) olive oil or vegetable oil</p> <p>45ml (3 Tblsp) vinegar</p> <p>45ml (3 Tblsp) sugar</p> <p>45ml (3 Tblsp) hot water with</p> <p>5 ml (1 tsp) vegetable soup powder dissolved in it</p> <p>15ml (1 Tblsp) olive oil extra</p> <p>Salt and pepper to taste</p>	<p>METHOD</p> <p>Cut aubergines into slices. Salt heavily. Allow to stand for a few minutes. Pour boiling water over. Stand for a few minutes until water becomes inky in colour. Drain, wash in cold water and pat dry.</p> <p>Using a heavy bottomed skillet add olive oil and heat. Drop slices in and sauté on both sides until golden. Remove and drain on kitchen paper towels. Reheat oil. Add onions and sauté until glazed. Add red and green peppers and cook until soft. Transfer aubergine slices onto serving platter. Gently fold mixture into aubergines. Cover with the following marinade:-</p> <p>45ml (3 Tblsp) vinegar</p> <p>45 ml(3 Tblsp) sugar</p> <p>45 ml(3 Tblsp) vegetable or Parev Chicken stock</p> <p>Olive oil over from skillet, plus</p> <p>15ml (1 Tblsp) extra olive oil</p> <p>Salt and pepper to taste</p> <p>Beat briskly until well combined.</p> <p>Cover aubergines with marinade. Cover and set aside until required. Serve and enjoy.</p>
--	--

© Gloria Rootshtain

FRUITY BAMIA OR OKRA

Okra is a native of South America cultivated for the sake of its seed vessels. It is also known as Gombo or Bamia. The long and narrow ones are commonly known as Okra and the small round variety is called Bamia. This has become a Mid Eastern delicacy which is enjoyed by all who have the pleasure of eating them. Its unusual flavour attracts all food connoisseurs. Give it a try if you have never had the pleasure of eating them before. This recipe calls for a delightful mixture of prunes and apricots in order to further enhance the Okra.

INGREDIENTS 1 package frozen Okra 2 plump garlic cloves, finely crushed 15ml (1 Tblsp) tomato purée 30ml (2Tblsp) Tamerhindi sauce 125ml (½ cup) water Juice of 1 lemon, strained Salt and pepper to taste 125ml (½ cup) pitted prunes 125ml(1/2 cup) dried apricots 30 ml (2 Tblsp) olive oil or vegetable oil	METHOD Using a heavy bottomed saucepan, add oil and heat. Add okra and cook until lightly brown. Add garlic and continue to cook until golden. Dilute tomato purée (paste) with Tamerhindi sauce in the water. Pour over okra. Add lemon juice and salt and pepper. Simmer over low heat for 30minutes. Add apricots and prunes. Cook for a further 30 minutes gently tossing from time to time. Serve with your roasts or fried food and rice.
--	---

© Gloria Rootshtain

TAMARHINDI SAUCE

American style

This is a very useful sauce when required for Middle Eastern Recipes. It is a very useful ingredient to be stored in your refrigerator.

INGREDIENTS 1 jar lemon juice 1 bottle (equal size) prune juice 250ml (1cup) sugar 750ml (3 cups) apple sauce 400g (14oz) jar smooth apricot jam 5 ml (1tsp) salt	METHOD Using a heavy based saucepan combine all ingredients. Bring to a boil. Simmer gently uncovered for 2 hours, stirring from time to time with a wooden spoon. Remove, cool slightly and transfer to a sterilized jar. Cover and refrigerate. Use as required.
---	--

© Gloria Rootshtain

CURRIED BEEF, LAMB OR CHICKEN

Curry always creates a delightful aroma and excites one's appetite. The delicious combination of fruit chutney with curry marries so well with beef, poultry and lamb. Use this recipe for successful stews as well. Always served with interesting sambals, rice and a crisp salad this dish is certain to be a success.

<p>INGREDIENTS 500g (1lb+) chicken, stewing lamb, beef 45ml (3Tbsp) oil 2 plump garlic cloves crushed 2 large onions cut into fine dice 30-40ml (2 heaped Tbsp) curry powder or to taste 30ml (2Tbsp) flour, sifted 30ml 2 Tbsp) tomato paste/purée 750ml (3cups) stock or hot water with 2 soup cubes or equivalent soup powder dissolved therein 60ml (1/4 cup) fruit chutney Seasoned flour with salt and pepper.</p>	<p>METHOD Roll chicken or beef or lamb in seasoned flour. Heat oil in heavy bottomed saucepan. Toss meat in and quickly sauté for a few minutes to seal. Add onions and sauté until golden. Add crushed garlic. Combine flour and curry powder and dissolve in 1 cup stock taken from above measure and add. Stir in thoroughly. Add tomato purée and slowly add the hot stock. Toss ingredients to combine. Taste and adjust seasoning. Add chutney. Place into oven basting from time to time. Taste and add extra stock, curry and salt if required. N.B. Check roast for required taste e.g. Rare, Medium or Well Done and enjoy!</p>
---	--

© Gloria Rootshtain

SUCCULENT SCOTCH FILLET

Scotch Fillet is also known as middle cut, entrecote or “eye of rib”. It doesn't have a bone and is normally cut from the ribs. When cut into steaks it makes a perfect tasty and tender steak. This scotch fillet if left whole is roasted to perfection cooking it rare, medium or well done, according to your taste.

10-12 servings

<p>INGREDIENTS 2 ½ - 3 kilo (5-6lbs) top quality entrecote or eye rib of beef 3 plump garlic cloves cut into slivers 80ml (1/3 rd cup) olive oil 30ml (2 Tbsp) margarine or Shmaltz 30ml (2 Tbsp) coarsely ground black peppercorns or more if desired for a stronger flavour 15ml (1 Tbsp) mustard powder 3 onions cut into thin rounds 500ml (2cups) strong chicken or beef soup stock. Use cubes or powder. 5ml (1 tsp) Cumin Optional: add mushrooms</p>	<p>METHOD Combine olive oil, ground black pepper and mustard powder. Whisk well to combine. Using hands rub mixture well all over tenderloin. Cut small slits all over meat and insert a sliver of garlic into each slit. Cover with sliced onions. Add soup stock to roasting pan. Cover with lid or aluminum foil. Roast in a preheated oven 200°C/400°F/Gas Mark 6, turning and basting from time to time until roast is succulent and to your taste. Remove from oven and allow roast to rest for at least 15- 20 minutes before slicing and serving. Thicken gravy with a little starch or brown gravy powder if necessary. Taste and correct seasoning. Serve separately from a gravy boat. N.B. If a stronger roast is required add extra ground pepper. NB. Resting meat allows the fibres which contract and shrink during cooking to relax. As a result the roast remains tender. Also, the juices in the meat which are drawn to the surface during cooking seep back into the grain of the meat ensuring that it retains its succulence.</p>
--	---

© Gloria Rootshtain

OSSO BUCO

Osso buco is a true gourmet dish which if a recipe is carefully followed will certainly become a favourite. Veal shanks are combined with herbs, wine and chopped tomatoes. Make a meal to be forever remembered.

INGREDIENTS 2kilo (5lbs) veal shanks 500g (1lb) stewing veal 125 ml (½ cup) flour, sifted 5 ml (1 tsp) salt 5 ml (1 tsp) freshly ground black pepper 60ml (¼ cup) Olive oil 2 large onions, cut into fine dice 3 carrots, cut into fine dice or chopped 3 sticks celery, stripped, washed and cut into fine dice 3 plump garlic cloves, crushed 60g (2oz) margarine 500ml (2 cups) strong chicken or beef stock 250ml (1 cup) dry white wine 60ml (¼ cup) lemon juice, strained. 3 cans crushed tomatoes 10 ml (2tsp) sugar 5 ml (1 tsp) dried Rosemary 5 ml (1 tsp) dried Oregano Salt and freshly ground black pepper to taste, add if required	METHOD Prepare seasoned flour by combining flour, salt and freshly ground black pepper, rosemary and oregano. Toss shanks and stewing veal into flour. Using a large heavy based saucepan heat olive oil and margarine. Add onions, celery and carrots. Cook over moderate heat until glazed. Add shanks, stewing veal and garlic. Sauté meat, turning at regular intervals until golden brown. Add stock, lemon juice, crushed tomato, sugar and wine. Cover with lid and simmer for 1 ½ - 2 hours or until meat is tender and sauce is reduced. Place veal under griller for a few minutes to crisp. Serve with risotto rice, green peas and your favourite crisp salad.
--	--

© Gloria Rootshtain

COCONUT CHOCOLATE LIMOUSINE

This sophisticated gourmet dessert will certainly bring the house down. It is moist and full of flavour. It complements custards, ice-cream and fruit salad. It is so very versatile, so easy and so delicious!

INGREDIENTS BASE 310 ml (1½ cups flour), sifted 8 ml (1 tsp. rounded) baking powder 40ml (2 rounded Tblsp) cocoa, sifted 125 ml (½ cup) water 125ml (½ cup) fresh orange juice strained 200 ml (¾ cup) sugar 60 ml (¼ cup) oil 4 large egg yolks TOPPING 4 large egg whites, at room temperature 200ml(¾ cup) sugar 375ml (1 ½ cups) desiccated coconut 5 ml (1 tsp) Vanilla essence 2.5 ml (½ tsp) salt GLAZE 250ml (1 cup) sugar 125 ml (½ cup) water. 200g (7 oz) margarine 60 ml (4 rounded Tblsp) cocoa powder, sifted 5 ml (1 tsp) vanilla essence 60 ml (4 Tblsp) good brandy 100g cooking chocolate 2-3 Tblsp Chocolate Liqueur Combine sugar and water and dissolve over a low flame.	METHOD Whisk all ingredients together and transfer to a greased ovenproof to table casserole. Set aside. TOPPING METHOD Using a dry clean mixing bowl add egg whites and beat until frothy. Add ½ tsp salt and continue to beat. Slowly add sugar by tablespoon at a time until whites form stiff peaks. Remove from beater and gently fold in the desiccated coconut and vanilla essence. Using a spatula cover base with this mixture. Bake in a pre-heated oven 180°C/350°F/Gas Mark 4 for approximately 50-60 minutes. Test with a skewer - if it comes away clean, remove and immediately, using a wooden skewer, prick holes all over torte and whilst still hot pour the following hot glaze over:- GLAZE Combine 1 ½ cups sugar and ½ cup water. Cook for a few minutes. Add margarine, cocoa, vanilla essence, chocolate and liqueur. Mix until melted. Finally add brandy. Whisk to incorporate brandy until mixture is syrupy. Spoon hot topping over torte. Allow to cool until torte is cold and topping has set. Serve when required. Garnish with piped (parev) or dairy whipped cream, glaze cherries and nuts if desired or serve separately.
--	---

© Gloria Rootshtain

KREPLACH

© Gloria Rootshtain

Kreplach, or Jewish Ravioli, is traditionally eaten by Jews on Hashana Rabah which is the final day on which G-d may change HIS inscription for a good year although final judgment is officially made at the conclusion of the Yom Kippur service. A special festive meal is eaten in the afternoon of Hashana Rabah when the final blessing "to dwell in the Succah" is made. These delicious triangles of dough are filled with an appetizingly seasoned ground raw meat and cooked in a rich consommé. These kreplach are symbolic of the covering up of G-d's stringent discipline with love and kindness, for it is on this day, as on Yom Kippur, G-d may finalize a judgment for a good year for all HIS people. Traditionally kreplach are also eaten on Yom Kippur and on Purim for the same reason. Nevertheless these delicious mouthfuls are always a welcome addition to every simcha. Our Purim Seuda, also remind us that the miracles of the above Festivals were 'hidden' as the meat within the dough.

I always enjoy working with this malleable dough. I roll out this perfect dough as thinly as possible, cutting it into squares 5 x 5 cm (2"x2") and fill them by placing a teaspoon of the tasty meat mixture into the centre of each square. Fold the squares over to make a triangular shape and seal them by firmly pressing the tips together and then the sides, being careful to enclose the meat, thus forming triangles.

I find it a good idea to double up or treble up on my quantities, always keeping in mind the wonderful advantages of a deep freezer, as I plan and prepare kreplach for all the above seudas at the same time. Placing them in layers between sheets of lightly floured greaseproof paper, into containers, label and freeze them until required. They can be added even when frozen directly into a boiling rich chicken, or beef consommé, or fried until golden and crisp in oil, or baked and served with your rich consommé Always a wow at every seuda and especially a joy for the hostess when 2nd or 3rd helpings are requested..

Many recipes call for cooked meat for the filling BUT I always use raw mince as this is much tastier and also prevents the fillings from splashing out into the soup and looking unappetizing.

10 litres (40 cups) strong consommé.

	METHOD
<p>Yield 130: Allow 2-3 Kreplach per person Freeze unused Kreplach between sheets of floured baking paper. Use as required</p> <p>DOUGH 3 large eggs 2 egg yolks 40 ml (2 heaped Tblsp) chicken fat or oil 250 ml (8 Tblsp) iced water 10 ml (2 tsp) salt 10 ml (2 tsp) sugar 1250 ml (5 -6 cups) flour, sifted, Plus extra for sprinkling over your board whilst rolling dough. Before cutting into squares gently lift dough and drop it in order to prevent dough from stretching or sticking</p> <p>FILLING 1 kilo (2 lb) raw ground beef, turkey or chicken 1 large potato, finely grated or minced 2 carrots, finely grated or minced 1 large onion diced or grated sautéed in a little oil until golden 40 ml (2 heaped Tblsp) schmaltz or oil, Salt and pepper to taste 15-30ml (1-2Tblsp) iced water</p>	<p>Combine all filling ingredients and mix or beat until light and fluffy. Set aside. In the meanwhile prepare dough. In mixing bowl combine eggs and whisk. Add chicken fat/oil, iced water, salt, pepper and sugar. Whisk until well combined. Add flour to make a soft and workable dough. Transfer to board. Sprinkle extra flour onto board and knead until smooth and elastic. Cut dough into portions and roll out dough as thin as possible. Gently lift dough adding a sprinkling of flour to avoid stretching. With pastry cutter cut 5 cm (2 ½") squares. Place a heaped teaspoon of filling into centre of each square. Fold dough over to form a triangle. With thumb and middle finger pinch edges together very firmly to ensure that the filling does not escape. Hands should be kept dry. Place kreplach onto a lightly floured board. Arrange triangles facing towards you to shape them. Lift the two corners and attach them firmly to each other. Bring 8 liters (14 pints) of rich consommé to a boil. Drop kreplach in and cover with lid. Reduce heat and allow to simmer for 45-60 minutes or until kreplach float lightly on top. Serve and enjoy!</p>

© Gloria Rootshtain

look. love. save.



Bride&co
BRIDAL & SPECIAL OCCASIONS

EUROSUIT
Suit Hire & Sales

With a Eurosuit store conveniently located inside every Bride&co;
you will fall in love with the dress, the suit, and ultimately the savings!

BRIDE&CO: Rivonia: 011 807 4000 | Boksburg: 011 823 6222 | Pretoria: 012 998 0300 | Nelspruit: 013 752 7233 | Cape Town: 021 555 4008
EUROSUIT: Bruma: 011 616 6579 | Boksburg: 011 826 5534 | Cape Town: 021 555 3538 | Menlo Park: 012 362 6358 | Moreleta Park:
012 998 0330 | Nelspruit: 013 752 7319 | Rivonia: 011 234 7000 | Rosebank: 011 447 4289 | Sandton: 011 783 7439 | Southgate: 011 942 5350

www.brideandco.co.za

www.eurosuit.co.za





Hilary Biller

***Hilary Biller** was *The Star*'s 'Angela Day' for over 11 years before joining *The Sunday Times* as the food editor in 2008. Well known for her down to earth, accessible approach to food, Hilary has written five cookery books and has composed a menu from her latest book, *Great Meals Fast* published by Struik in late 2009.*

Hilary lives in Emmarentia Johannesburg and is married to Peter. They have two children, Matthew and Caitlin.

Phyllo Tomato Tart

Serves 4-6

3 sheets phyllo pastry
60ml butter or margarine, melted
75ml basil pesto
4-6 large ripe red tomatoes, thickly sliced
A handful of chives, sliced
5ml mixed Italian herbs
Freshly grated parmesan cheese

Preheat the oven to 220°C.

Brush the sheets of phyllo pastry with the butter.

Fold each sheet in half and place on a baking tray, brushing the top of each folded sheet with pesto before topping with another double sheet of phyllo pastry and ending with a layer topped with pesto.

Dry the tomato slices with paper towel and arrange them in a single layer over the pastry. Sprinkle the chives and herbs over the pastry followed by the parmesan cheese.

Bake for 15 minutes until the pastry is golden and the cheese has melted.

Serve immediately.

Best cut into pieces using scissors.

Party Fillet

Serves 8-10

1 large beef fillet
Olive oil
Salt and freshly ground black pepper
1 x 780g jar of quality mayonnaise like Kraft
4 cloves of garlic, crushed
1 bunch fresh parsley, finely chopped
1 x 300g jar onion marmalade
1 large punnet cherry tomatoes, halved
A generous squeeze of sweet chilli sauce
1 pillow pack rocket to garnish
1 French baguette to serve

Preheat the oven to 200°C.

Rub the fillet with oil and season generously.

Preheat a large pan until almost smoking, then brown the fillet on all sides.

Roast the meat in the oven for 30-40 minutes.

Remove from heat and leave to cool.

Mix together the mayonnaise, garlic and parsley.

Spread the mayonnaise mixture over the base of a large serving platter.

Top with the onion marmalade and cherry tomatoes.

Drizzle over some sweet chilli sauce.

Slice the fillet and arrange the slices over the sauce.

Decorate with rocket.

Serve with the baguette.

Angel Pie

Ingredients

1 x 200g Nutty Crust biscuits
90g butter or margarine, melted
1 x 2 litre tub vanilla ice cream, softened
1 x 397g can caramel
1 Cadbury flake bar

Method

Spray a 23cm deep springform pan well with non-stick cooking spray.
Crush the biscuits in a food processor.
Combine them with the butter, then line the base of the pan with them.
Make sure that they reach a little way up the sides of the pan as well.
Chill to set. Cover the biscuit mixture with the following layers: a third of the ice cream, half the caramel, another third of the ice cream, the remaining caramel and finally the last third of the ice cream.
Cover and freeze. Remove from the freezer 15 minutes before serving.
Decorate with the crumbled flake bar then slice into wedges and serve.

In loving memory of Lu Bolnick - always loved and always in our hearts.

Gardens by Jenny

Design, Landscaping
& Maintenance

083 675 0860

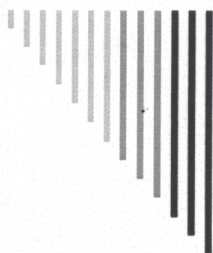
✿ Personal service given

✿ Design

✿ Maintenance

✿ Landscaping

✿ No job too small



SALLI 'C'

Salvi Fashions c.c.

59 Grant Avenue
NORWOOD JOHANNESBURG 2192
PO Box 55392
Northlands
2116 SOUTH AFRICA

Phone: +27 11 728 6033
Fax: +27 11 7284003
E-mail: codron@iafrica.com

Sally Victoria Codron
Director



Bella
Costume Jewellery by Brenda

Brenda Mulero 082-894-6361
bybrenda@live.com

"Treat Yourself"



Ina Paarmann

Ina Paarmann is well known in South Africa for her passion and commitment to the art of cooking and the benefits of healthy eating. Through her cooking demonstrations, cookbooks, television shows, newspaper and magazine articles and range of quality sauces, dressings and seasonings, she has clearly demonstrated to us how much good food can add to the quality and enjoyment of our everyday lives.

Baked Apple Salad with Pecans and Feta

Serves 4-5

This delicious salad complements the fish main course to perfection. It is also excellent as a side dish with roast chicken.

Ingredients

4 red skinned apples, unpeeled but cored
¼ cup (60 ml) sugar
¼ cup (60 ml) water
1 Tbsp (15 ml) fresh lemon juice
1 punnet of rocket or herb salad
½ cup (50g) pecan nut halves
2 wheels feta, crumbled
Ina Paarman's Honey Mustard Dressing

Method

Preheat the oven to 180°C.

Adjust the oven shelf to middle position. Line a baking tray with baking paper.

Core the apples and cut each one into 8-12 wedges.

In a medium/large mixing bowl dissolve the sugar in the water by microwaving for 2 minutes on high, stirring now and again. Add the lemon juice. Toss the apples in the sugar syrup and spread them out in a single layer on the prepared baking sheet. Pour over the remaining syrup. Bake for 20-25 minutes until softened and beginning to brown. Leave to cool.

To serve

Heap the rocket onto 4-5 serving plates.

Top with apples, nuts and feta.

Drizzle with a generous amount of Honey Mustard Dressing.

Chef's tip

Toast the nuts briefly in a non-stick frying pan to crisp.

Replace apples with pears and use blue cheese dressing and crumbled blue cheese in place of feta.

Apples can be roasted the day before and refrigerated in an airtight container, but bring to room temperature before serving.

Happy cooking! Love Graham, Leanne, Emma, Sam and Ben Cohen.

Fish with Olive and Parmesan Topping

Serves 4

Our son Graham's comment when tasting this: 'One of the best fish dishes I have tasted in a long time!' Believe me he is a real 'lekker bek'.

Ingredients

600-800 g white fish e.g. kabeljou, hake or dorado, filleted and skinned

Ina Paarman's Fish Spice

1 Tbsp (15 ml) butter

2 Tbsp (30 ml) olive oil

1 punnet fresh basil (about two handfuls)

1 x 125 g Ina Paarman's Olive Pesto

½ cup (125 ml) finely grated parmesan or pecorino cheese

½-1 pack Ina Paarman's Tomato Pesto

To serve

Freshly ground black pepper

Cooked tagliatelli

Method

Cut the fish into portions.

Butterfly the thicker pieces in order to ensure that all the pieces are the same thickness. Season very lightly on both sides with Fish Spice (remember olives are salty). Preheat a heavy based frying pan - add the butter and oil and briefly pan-fry the fish in two batches.

Roughly tear the basil (leaves and soft stems) and scatter over the base of a medium sized ovenproof dish. Reserve a few nice basil tips for a final garnish.

Preheat the grill. Place the portions of fish on the bed of basil and spread generously with Olive Pesto. Sprinkle cheese over the portions. Cut a small hole on the one corner of the Tomato Pesto pack and use it to pipe zig-zag lines over each portion of fish. Grill briefly until cheese and tomato become bubbly.

Serve straight away on pasta, garnished with freshly ground black pepper and fresh basil.

*My father Hylton Grainger, whose massive presence has never left us,
Dad you are with us every single day,
I Love you x*

Cream cheese cake with almonds

A rich, decadent cake that will definitely steal the show! It keeps well in the fridge in an airtight container for 2 days.

Ingredients

250g butter at room temperature
3 eggs
1 x Ina Paarman's Vanilla Cake Mix
1 cup (250 ml) sour cream or crème fraîche
Cheese filling
250 g cream cheese
¼ cup (60 ml) castor sugar
1 Tbsp (15 ml) finely grated lemon rind
¼ cup (60 ml) lemon juice
¼ cup (60 ml) of above cake batter
Lemon sugar topping with almonds
¼ cup (60 ml) sugar
2 tsp (10 ml) finely grated lemon rind
½ cup (125 ml) flaked almonds

Method

Butter a 26 cm ring form cake tin. Adjust oven shelf to middle position. Preheat oven to 180°C. Cream the butter until soft and white and then add 1 egg and 1 Tbsp of Cake Mix at a time, beating after each addition, until you have used all three eggs.

Add the sour cream and beat it in. Add all the remaining dry cake mixture and gently fold it in by hand with a spatula until evenly mixed. Keep on one side.

To make the cheese filling use the same beaters and beat the cream cheese, castor sugar, lemon rind and juice until well mixed. Add ¼ cup of the cake batter and beat it in. Spoon half of the remaining cake batter into the prepared pan. Level it. Spoon all of the cream cheese filling over the batter, but keep it 1 cm from the sides. Level the filling. Spoon the rest of the cake batter evenly over the cream cheese. Use a sositie stick or knife to gently marble the filling into the batter using a figure 8 motion. Firmly tap the pan on the counter 4 times to level the mixture and drive out any air bubbles.

Mix together the ingredients for the Lemon Sugar Topping and sprinkle it over the cake. Gently press it onto the batter so that it will stay in place once the cake is turned out. Bake for 50 minutes. Leave the cake to rest in the pan until cool to the touch. Turn the cake out on a baking sheet and immediately turn it back onto a wire cooling rack, almond side up. Cool to room temperature. Cut into small slices to serve.

Always be surrounded by light, love, laughter and good food. With love The Kallenbach family.



Isabel Remberg

*“**Since my youth** I have always been interested in cooking and baking. Once my family had grown up and needed me less, I decided to do something I really enjoyed. Some 15 years ago I began giving cooking lessons from my home. As I keep a kosher home, the lessons were kosher and they attracted many young and older women who were interested in kosher cooking as well as many domestic staff. I have been fortunate to have travelled a lot, finding the foods of different countries and cultures very interesting and have taught a variety of international cuisines.*”

Curried Parsnip Soup

Ingredients

¼ cup oil
1 large onion, chopped
2 cloves garlic, crushed
1 tsp ground turmeric
½ tsp ground cumin
½ tsp ground ginger
½ small chilli, seeded and chopped
600g parsnips, peeled and chopped
2 Granny Smith apples, peeled, cored and chopped
4 cups vegetable stock
Salt and freshly ground black pepper
1 cup cream or Orley Whip

Method

Cook onions and garlic in oil until they are soft. Stir in turmeric, cumin, ginger, chilli, salt, pepper and vegetable stock and cook for 3 minutes, stirring occasionally. Add parsnips and apples and stir well. Cover and cook for 5 –8 minutes until soup boils, then reduce heat and simmer for 40 minutes. When parsnips are soft, process them in batches until smooth. Return soup to pot and heat through over medium heat. Stir in cream or Orley Whip just before serving. Serve with parsnip chips.

Parsnip Chips

Ingredients

4 parsnips, peeled
1 cup oil for deep frying

Method

Thinly slice each parsnip lengthwise with a vegetable peeler. Heat oil in a large deep frying pan and when hot, add a few parsnip slices at a time and fry until golden – 1 minute. Remove with a slotted spoon and drain on paper towels.

Best wishes from Steven and Lynette Goldberg & Family.

Meringue and Date Biscuits

Ingredients

2 egg whites
¾ cup almond slices
1 cup dark chocolate, cut up
1 cup sugar
1 cup stoneless dates, cut up
1 tsp vanilla

Method

Beat egg whites until stiff. Add sugar gradually, then vanilla and other ingredients, slowly stirring with a spoon.

Place spoonfuls on rice paper and bake at 130°C for 20 minutes.

Switch off oven and leave in for further 45 minutes.

Green Papaya Salad

Ingredients

300 g unripe green papaya, peeled and cut into very fine matchsticks.
4 green chillies
4 cloves garlic
50g long beans, cut into 1 cm pieces
2 Tbsp unsalted roasted peanuts
6 cherry tomatoes, quartered
3 Tbsp lemon juice
1 Tbsp sugar

Method

Take a little each of the papaya, chillies and garlic and pound roughly in a mortar and pestle or process very briefly in a blender.

Set aside in a bowl and repeat until all the papaya, chillies and garlic are used up.

Stir in the beans, peanuts and tomatoes, mix well and add the seasonings.

Serve accompanied by raw cabbage and sprigs of basil.

With love and best wishes, Steve and Brenda Szewach and family.

Thai Barbecued Chicken

Ingredients

8 chicken pieces

MARINADE:

10 cloves garlic, finely chopped
2 Tbsp black peppercorns, crushed
2 Tbsp soy sauce
2 Tbsp sugar
2 Tbsp brandy
1 tsp salt

SAUCE:

1 cup white vinegar
½ cup sugar
3 cloves garlic, coarsely chopped
2 red chillies, finely pounded
1 tsp salt

Method

Mix chicken with the marinade and leave for 3 – 4 hours. Mix all sauce ingredients, bring to the boil and simmer until thick. Cool.

Grill chicken on a barbecue or under a grill, turning from time to time, until cooked.

Serve the chicken accompanied by plain rice and green papaya salad.

Best wishes Dennis, Bev, Shai and Adam Feldman.



Jana Huefner

Foodoo Club - Germany

***“I started catering** in the summer of 1993 when I was 20... one day a friend knocked on my kitchen window and when I first looked out all I spotted was a huge pot, capacious enough to carry at least 50 litres of any liquid! Then I saw Ina, she had returned from a party that she and four friends had catered for - they were just starting their catering career, cooking for friends, officials, anybody who happened to ask them because they had heard how delicious, innovative and simple their cooking was. The substance in the pot she was carrying was delicious and we had one of the nicest evenings I had in my early days in Munich. It was also the beginning of a special friendship that exists to this day.*

I had just started studying law and Ina asked me if I would like to help them with their catering from time to time. I was delighted! It gave balance to my life, a way to withstand the more theoretical desk-and-lecture hall life. We were incredibly creative in the kitchen and with the catering! You can't compare that time with the way things are today, when nearly every second restaurant offers a catering service. We catered for everything and anything - private parties, medical congresses, functions, weddings, vernissages and corporate parties. Everyone loved us - our team, our spirit, our creativity and, not least of all, our cooking! It was always our special sparkling service, our team spirit that made people use us over and over again and recommend us to others: mouth-to-mouth propaganda which lasted for over 15 years!

When I finished my studies in 2001 we were invited to apply to become the official caterer to run the gastronomie of the “Pinakothek of Modern Art” in Munich, the new centre of art, where they had millions of visitors. It was a venue for hundreds of official functions and parties. The company changed and grew and I became the Catering Manager, using a combination of law and catering to do my job. Time passed by, requirements changed - we made different cuisines: from Asian to Italian, Norwegian to Indian, classic to fusion, tea parties to design buffet - we did it all! Fingerfood, buffets, show-cooking, gala dinners and flying buffets.....we catered for a whole host of functions.

Along the way some members of the team left, girls became mothers and sessions became more structured. But we never lost sight of earlier times when mothers and daughters cooked together, in great spirits, trying to make everything authentic and tasteful, cooking with great passion.

Our group was called The Foodoo Club and was sold in 2007. Today the company is still in existence and has been running for over 20 years. The foundation members are no longer involved but we are all still good friends!

Beetroot Soup

Serves 4

This vibrantly coloured soup is breathtaking in its appearance and is a favourite of our guests who, after eyeing it suspiciously at first, seldom fail to come back for a second helping!!

Ingredients

Soup

8 beetroots, peeled and diced
2 medium sized potatoes, peeled and diced
1 – 1 ½ sweet and sour apple, peeled and diced
1 red onion, chopped
1 hazelnut sized piece fresh ginger, chopped
1 half fresh green chilli
Small twig fresh rosemary, remove ligneous parts
Organic vegetable stock
Small piece of butter
Olive oil
Sea salt, freshly ground pepper
Add fresh cream if desired

Method

Stir-fry onion in oil and butter till glassy, add ginger, rosemary, beetroot, potatoes and stir-fry for a few minutes, stir from time to time so that it doesn't burn .

Add hot water, making sure everything is well covered as the beetroots take a long time to cook.

Add chilli, vegetable stock, salt, pepper until you get a tasty base of vegetable water .

Add apples.

Boil until the beetroot is cooked, remove chillies if you are worried about them being too strong. If necessary, add more water.

Blend everything in a blender, adding salt and pepper.

To flavour and minimize colour, add cream – if you want to!!

Tip

As the beetroot needs a long time to cook, precook it separately and peel it afterwards, then start at the beginning, it might cause less "red chaos" in the kitchen.

The topping

Freshly ground horseradish, plain natural yoghurt and a splash of lemon.

Some green on top – basil, rosemary, coriander, cress etc.

Mix salt, fresh radish and yoghurt, add a splash of lemon.

Use the greens as decorations.

Curd Cheese Apricot Streusel Cake

A hit at every party – not only the ones held in the afternoon!

For 1 baking tray, baking time is 45 minutes at 175°C

Base

400g wheat flour

150g sugar

1 egg

200g butter

Mix all ingredients together and roll them out onto a tray covered with baking paper, prebake for about 10 minutes at 175°C

Topping - apricots and apricot jam

Spread $\frac{2}{3}$ of a cup of apricot jam on the base.

On top of the jam place 500 g apricots (fresh or from the tin)

Curd cheese mass

750g curd cheese (full cream smooth cottage cheese)

4 eggs, separated

1 Tbsp sugar

150g sugar

1 small parcel vanilla sugar

1 lemon

Beat 4 egg whites with 1 tablespoon sugar until stiff.

Mix 4 egg yolks, 150 g sugar, vanilla sugar, a bit of lemon juice and rind of lemon with the curd cheese, then fold in the whipped egg white mixture.

Decoration for streusel dough

400g wheat flour

250g sugar

250g butter

1 small parcel vanilla sugar

Some grated lemon skin and/or cinnamon

Mix altogether and decorate in little toppings on the cake.

Bake in the oven for approximately 45 minutes at 175°C.

B'tayavon! Love the Sayag Family.

YOU'VE HEARD ABOUT FOOD FOR THE SOUL...

now try this great recipe

Ingredients

- œ 3 SCHOOLS on one campus
- œ Jewish heritage and identity
- œ Academic, cultural and sporting excellence
- œ Civic awareness

Method

- œ Mix above ingredients with dedicated and passionate educators.
- œ Flavour with commitment.
- œ Bake until mixture bubbles with integrity, tolerance and respect.
- œ Enjoy!

KING DAVID VICTORY PARK

High School 011 446 7860

Primary School 011 446 7870

Pre-Primary School 011 446 7880



Made by Aimy

Cell: 071 462 3432

*Home Stylist
Flower Arrangements
Table Settings*



Jenny Diner

“After graduating with a legal B Comm degree and working at the Johannesburg Stock Exchange, I decided to open my own small business and so bought a Bread and Butter franchise.

When my first baby came along I wanted to work from home and began making biscuits and cakes from my garage. Over the years I have expanded to catering functions, both big and small. My latest venture is to open a cake shop and deli in the Chesthill Centre, Raedene.”

Snoek Pie

Dough:

1 cup flour

¼ tsp salt

60g butter

⅓ cup milk

Filling:

3 eggs

250ml cream

60g grated cheese

250g flaked snoek

Paprika

3 onions, sliced

Rub well together.

Roll out and place in pie dish.

Glaze onions in butter.

Add remaining ingredients.

Blend well.

Pour onto dough in pie dish.

Sprinkle with cheese and paprika.

Bake at 180°C for 25-30 minutes.

Best wishes to JWB - Jeanette, Cookie Cohen & Family.

Beef and Peppers

Serves: 4-6

Ingredients

2 Tbsp oil
1 clove garlic, crushed
2 tsp fresh ginger root, grated
750g steak, sliced into thin strips
¾ cup cashews
2 Tbsp soya sauce
2 Tbsp brown sugar
1 chicken stock cube
¾ cup water
2 tsp curry powder, cooked in 2 teaspoons oil
1 Tbsp Shabbat wine
1 green pepper
1 yellow pepper
1 red pepper – seeded and cubed
2 tsp corn flour
Extra ½ cup water

Method

Heat the oil in a heavy-based frying pan.
Add garlic and ginger and fry until golden, about 2-3 minutes.
Add strips of meat and cashews and fry on a very high heat until meat is almost tender and cashews are golden brown.
Remove from pan and drain.
Cook curry powder in oil.
Mix together with soya sauce, brown sugar, stock cube, water and wine.
Add pepper and cook 1-2 minutes.
Mix corn flour with extra water. Pour into pan.
Bring sauce to the boil, stirring all the time.
Lower the heat.
Return meat and cashews to pan and simmer for 2 minutes.

Best wishes Graham, Kelley, Laurie and Megan Colman.

Peach Tart

Pastry:

225g flour
120g cold butter
¼ tsp vanilla
Pinch of salt
2 tsp lemon juice
2 Tbsp icing sugar
2-3 Tbsp iced water

Sift flour, salt and sugar.
Add cold butter until it resembles crumbs.
Add iced water, lemon juice and vanilla.
Chill for 30 minutes.
Roll out and line dish.
Prick all over and line with greaseproof paper and beans.
Bake at 200°C for 10 minutes.
Remove the beans and bake for a further 7 minutes. Cool.

Filling:

410g tinned peaches
1 whole egg
1 tsp vanilla
1 tsp custard powder
½ cup cream/Orley Whip
1 heaped tsp sugar

Beat together very well.
Drain 410g can of peaches well.
Place in cooled pastry shell.
Top with filling.
Bake at 180°C for 30-35 minutes.

Best wishes Mike, Janet, Mathew and Benjy Dorfman.



Jewish Princesses

..... having your cake and eating it

Georgie Tarn & Tracey Fine

United Kingdom

***Tracey Fine and Georgie Tarn** are lifelong friends, having first met at the tender age of nine in the kosher paradise known as 'The Grand Rimini' in Italy. Hitting it off immediately, they had to go their separate ways but, as fate would have it, their paths crossed again at the age of twelve and so they set off together down the road called Life. Each has been very successful in her chosen field: Georgie was a top London aerobics trainer and Tracey ran an international internet giftware company. Now, with three husbands and five children between them (you work it out!), they are involved in charity work, currently 'The Kiss for a Child', which raises money for children's projects in Eastern Europe and the former USSR. After a lifetime of shared experiences, boyfriends, relationships, engagements, marriages, children - the list is endless (as are their phone calls) - they have used their knowledge and shared values to create two books: *The Jewish Princess Cookbook* and *The Jewish Princess Feasts and Festivals*, sharing their wonderful recipes and humorous take on life and Jewish ethos. They are now both food columnists for *The Jewish Chronicle*, regularly appear on television and radio and have just completed their first tour of the United States.*

We would like to thank Quadrille Publishing in the United Kingdom for giving us permission to share the following recipes with all of you!

Fish Pie Fish Cakes

Makes around 16

Ingredients

500g skinless salmon fillet
500ml milk
4 bay leaves
Salt and black pepper
300g torn challah pieces
4 Tbsp sour cream
1 tsp dried dill
4 hard boiled eggs, chopped
Vegetable oil

Method

Put the salmon, milk and bay leaves in a saucepan and season to taste.
Bring to the boil and poach for approximately 5 minutes.
Take 3 ladles of milk and, using a hand blender, blend these with the challah pieces and sour cream. Add the salmon and dill and blend thoroughly.
Fold in the chopped hard-boiled eggs and check the seasoning.
Heat the vegetable oil in a frying pan.
Wet your hands and form the mixture into fish cakes (the size is really up to you).
Fry them in batches, turning over halfway until golden brown on both sides.
Place on kitchen paper and pat away any excess oil.

Simple to make and simply fabulous to eat.

Shana Tova from Dr and Mrs Clive Novis and family.

Leek and Gruyere Challah Bake

Serves 6

Ingredients

4 large eggs
170 ml double cream
200 ml full-fat milk
290g grated gruyere (reserve 40g for the top)
½ tsp nutmeg
1 Tbsp olive oil
250g chopped chestnut mushrooms
400g leeks (approx 2)
300g sliced challah, approx 2cm thick
Salt and black pepper to taste
20g butter, cubed (tiny pieces)

Method

Preheat oven to 180°C

In a large bowl, gently whisk the eggs and then add the cream, milk, cheese and nutmeg. Season to taste. In a saucepan, heat the olive oil and fry the mushrooms and leeks until soft. Add to the cheese mixture. Grease an ovenproof dish. Put a little of the cheese mixture on the bottom, then lay out the challah slices so they are tightly packed.

Pour in the rest of the cheese mixture, dot with butter and sprinkle with the remaining cheese.

Put the ovenproof dish inside a large roasting dish half filled with water and place at the top of the preheated oven.

Bake for approximately 20-25 minutes, or until the top is golden and rising up. Serve hot.

Cha-la-la!

Bon Appetit! From Marcia Favish.

Passion-Fruit Brulée

2 passion fruit
250ml ready-made soya custard
1 Tbsp Grand Marnier
1 Tbsp castor sugar
2 egg yolks
4 Tbsp soft brown sugar

Cut the passion fruit in half and scoop out the pulp, reserving the shells.

Sieve the pulp to remove all the seeds.

In a saucepan, mix together the ingredients (except the soft brown sugar) and cook over a medium heat, stirring until the custard thickens – this takes approximately 3 minutes once the mixture starts bubbling.

Remove from the heat and pour the mixture into the passion-fruit shells, which have been placed in a muffin tin.

Refrigerate.

Once set (this takes less than an hour), remove from fridge and sprinkle the top of each half of passion-fruit with a tablespoon of soft brown sugar as evenly as you can.

Pop under a very hot grill for approximately 6-8 minutes, or until caramelized. Leave to cool.

Refrigerate before serving.

Serve in an egg cup with Passion-fruit Tuiles on the side. This dessert looks so impressive straight from the Jewish Princess Michelin three-star kitchen.

Passion-Fruit Tuiles

110g icing sugar, sieved
75g dairy free margarine
75g plain flour
1 egg white
Pulp of 1 passion-fruit

Preheat the oven to 200°C.

Beat together the icing sugar, margarine and flour.

Add the egg white and passion-fruit pulp and beat until smooth.

Line a baking tray with parchment paper.

Take 1 tsp of the mixture and, using a small pallet knife, shape into a thin, circular biscuit, approximately 9cm in diameter. Leave a large space between each tuile, as they spread when baking. (I advise no more than 4 on a tray at a time).

Bake for approximately 5-7 minutes or until the edges become golden brown.

Remove from the oven and very carefully lift the tuiles from the parchment paper and drape over a rolling pin very slowly, moulding with your hand until they curve. Leave to cool.

Store in an airtight container

The perfect accompaniment to the dishy dessert

Best wishes - Angel Family



June Edelmuth

Australia

June Edelmuth was born and educated in South Africa. Cooking runs in her family and she acquired her culinary skills from her mother, Bertha Marks, who learned from her own mother, Minka Wasilewsky, who emigrated from Russia in the thirties. June taught cooking lessons for many years in Johannesburg and also had a well known catering business, which catered for many celebrities such as Nelson Mandela, Tokyo Sexwale and King Goodwill Zwelethini.

June emigrated to Australia in October 1999 where her husband bought into the famous Cherry Bim Caterers of Sydney. Her culinary expertise and her continual desire to create have ensured her continued success!

Caprese Tart

Ingredients

495g puff pastry (i.e. 3 squares from packet)

1 egg beaten

6 tomatoes

2-3 x (300g) balls mozzarella cheese

Onion marmalade (home made or bought)

Pesto Oil (optional)

250ml (1 cup) basil leaves (press down very firmly in cup)

2ml (½ tsp) crushed garlic

30ml (2 Tbsp) toasted pine nuts

80ml (⅓ cup) olive oil

Salt and pepper to taste

Or

Rocket and cherry tomatoes

Method

Preheat oven to 200°C. Line a baking tray 37 x 26 cm with baking paper.

Lightly flour the surface. Join 2 squares together with water or egg white.

Roll out pastry to about 4 cm larger than the tin. Cut away excess.

Place over baking paper. Roll in edges to form a border. Brush pastry with egg. Sprinkle edges with sesame seeds. Prick pastry with fork. Chill for 30 minutes in the fridge.

Place in the oven, bake for 15 minutes until golden.

Make in advance. Store at room temperature.

A few hours before serving, slice tomatoes and cheese into thin slices.

Cover cheese and refrigerate. Sprinkle tomato slices with coarse salt and leave in colander to drain. Pat tomato slices dry before using.

Spread onion marmalade sparingly over pastry.

Alternate the tomatoes and mozzarella slices over the marmalade in rows.

Bake in oven for 10 mins at 200°C till slightly warm. Cheese must not melt.

Drizzle with pesto oil or scatter with rocket and a few extra cherry tomatoes.

To make Basil Oil:

Place all ingredients in processor except oil and process until very smooth.

Add oil gradually and blend well. Season.

Add a little more oil if necessary to keep it fairly runny.

With love The Kilov's.

Fettuccine with Chillies and Red Pepper

¾ cup olive oil
1 large onion, chopped
1 cup green onion, chopped
2 very heaped tsp crushed garlic
3 small red chillies, seeded and chopped
2-3 red peppers, chopped
2 Tbsp lemon rind
2 tsp black pepper
2 tsp salt
½ cup basil, chopped
2 punnets cherry tomatoes
⅓ cup olive oil
Parsley, garlic and herb spice, black pepper, 1 tsp garlic
1- 1 ½ boxes fettuccine
Grated and shaved parmesan – don't be stingy!!

Onion mixture

Heat ¾ cup of olive oil, add onion and sauté until soft
Add garlic and sauté 1 minute
Add green onions, chilli and red peppers and sauté until peppers are softish
Add lemon rind, salt and pepper and toss
Add basil, mix and remove from the heat
Set aside

Cherry tomatoes

Combine cherry tomatoes with oil, garlic and sprinkling of spices
Roast at 175°C for 15 minutes until soft. Set aside.

Cook Fettuccine

Assembling

Heat the onion mixture and tomatoes. Save a few tomatoes for garnish.
Toss onion and remaining tomatoes with liquid in foil with pasta and add grated parmesan cheese. Check for salt and pepper. Top with shaved parmesan and basil leaves or julienne peppers and remaining tomatoes.

Have fun cooking !!! With love from Barbara Bird.

Portuguese Chicken Breasts

Ingredients

14-16 thin chicken breasts, skinned and deboned (8 breasts cut into 2)

Marinade and sauce

30 ml (2 Tbsp) crushed garlic

30 ml (2 Tbsp) minced ginger

90ml (6 Tbsp) lemon juice

180 ml (12 Tbsp) lite olive oil

90 ml (6 Tbsp) soya sauce

30ml (2 Tbsp) ground coriander

30 ml (2 Tbsp) mild paprika

15ml (1 Tbsp) coarse black pepper

15 ml (1 Tbsp) parsley

Method

Combine all ingredients and marinate chicken for 1-2 hours.

Cook chicken at 200°C for approx 25 mins till just ready.

Do not overcook.

Serve immediately with couscous or basmati rice.

Decorate with chopped chives or parsley and lemon and lime slices or wedges.

Roasted Mushrooms and Rocket Salad

Serves 10-12

Ingredients

Vinaigrette:

375 ml (1½ cups) olive oil
140 ml (½ cup + 1 Tbsp) balsamic vinegar
22ml (4 ½ tsp) crushed garlic
10ml (2 tsp) salt
10 ml (2 tsp) black pepper
7ml (1 ½ tsp) mixed herbs
5ml (1 tsp) parsley
10ml (2 tsp) paprika
7ml (1 ½ tsp) brown sugar

Salad:

750g brown mushrooms
750g button mushrooms
1 punnet cherry tomatoes
200g rocket
Approx 1 packet shaved parmesan (optional)
Approx 100g pine nuts, toasted

Method

Combine ingredients for vinaigrette. Refrigerate till needed.
Place mushrooms and tomatoes on 2 separate baking trays on baking paper.
Pour over vinaigrette, toss well and roast at 180°C.
Tomatoes take 15-20mins. Don't let them get too soft.
Mushrooms take 20-30 mins. Don't overcook them. Cool. Place mushrooms and tomatoes on rocket leaves.
Drizzle with dressing. Garnish with parmesan and pine nuts.

Bon appetit! Love Gloria, Genna and Sara Price.

Warm Chocolate Dessert

Ingredients

Cake:

4 eggs

375 ml (1½ cups) canola oil

500ml (2 cups) castor sugar

10ml (2 tsp) vanilla

625 ml (2½ cups) flour

125 ml (½ cup) cocoa

9 ml (2 scant tsp) salt

10ml (2 level tsp) bicarbonate of soda

1 x 825g tin well drained beetroot, pureed – should measure 2 ¼ cups puree

Sauce – Milk:

4 x 80g Mars bars

250g milk chocolate

150g dark chocolate

375ml (1½ cups) cream

Sauce – Parev:

375-500 ml (1½ - 2 cups) Riches cream

450g dark chocolate

125 ml (½ cup) sugar

Method

Preheat oven to 180°C.

Spray a 28cm springform tin with Canola oil. Line the base and sides.

Beat eggs till very frothy with your mixmaster whisk.

Gradually add oil and sugar, beating. Add vanilla. Beat.

Sift dry ingredients and add with puree. Beat well.

Pour into prepared tin and bake for 55-60 mins till skewer comes out clean.

Remove from oven and cool in tin. You can freeze at this stage.

Make sauce:

Combine all ingredients in a double boiler and leave until melted. Mix till smooth. Add more cream if necessary. This can be made in advance and reheated.

Warm chocolate cake covered with foil until quite hot.

Remove sides of tin, paper on sides and invert onto serving platter.

Peel off paper and pour over warm sauce. Serve with extra sauce.

Sponsored by the Yummy Mummy x



Kevin Morin

Executive Chef

*The Country Club
Johannesburg - Woodmead*

Salmon Ravioli

Ingredients

Pasta dough

600g flour
5 egg yolks
3 whole eggs
40ml olive oil
10ml salt
30g chopped parsley
5g garlic

Salmon mixture

300g Scottish salmon
100g smoked salmon
½ onion, chopped
15g garlic
Salt
Pepper
30ml cream
20g butter
5ml oil

Sauce

1 pkt celery, chopped
1 pkt lemon grass, chopped
½ onion, finely chopped
10g garlic
60ml white wine (preferably Chardonnay)
100ml fresh cream
40ml fresh milk
40g butter
5ml oil

Method

Start by making the pasta dough, as it needs to rest for at least an hour before it is used.

Place the flour in a bowl or on the counter, create a well and add the wet ingredients into this well. Begin with a swirling motion until almost all the flour has been absorbed, then begin to knead for a few minutes (at this point it is a good idea to add more flour if necessary).

For the salmon mixture, melt the butter and the oil in the pan and add the onions and the garlic. Allow this to sweat and then add the Scottish salmon, followed by the smoked salmon.

Once the fish is almost cooked through, add the cream and allow to simmer for a minute or so. Remove from the stove and blend the mixture.

To make the ravioli, roll out the pastry to the thinnest setting on the machine (or alternatively setting 7 or 8) and cut out rings about the size of a ramekin.

Use approx. 60g of the salmon mixture to fill the ravioli (use your own discretion at this point) and when sealing, try to remove as much air as possible.

For the sauce, sweat the garlic, the lemongrass and the onion till the onion is transparent. Add the wine and allow reducing by half. Add the cream and allow to reduce by half again and then add the milk to thin.

Use the celery raw as a garnish

Grilled Lamb Salad

60g cleaned, fresh rocket
100g lamb tenderloin
100ml red wine (preferably a Cabernet Sauvignon)
5 leaves of gelatine (approx)
5g Maldon salt
5g garlic
5ml olive oil

For the red wine jelly, pour the wine into a sauce and bring to the boil. Allow to boil for 5 minutes and remove from the heat.

Soak the gelatine leaves in cold water and add to the red wine. Stir so as not to cause any lumps (put back over the heat if necessary).

Strain through the chinwa and allow for it to cool in the fridge overnight.

Slice the lamb thinly but not too thin and flash fry it with the garlic and a pinch of salt.

Place the rocket into a bowl and add the cooked lamb. Sprinkle with the olive oil and toss around.

Place into the centre of the bowl/plate and sprinkle with approximately 50g of the red wine jelly and then with the Maldon salt.

Seared Scottish Salmon

200g Scottish salmon
60g mange tout
100ml balsamic reduction
60g Arborio rice
150ml white wine
15g garlic
¼ finely chopped onion
Salt and pepper

For the risotto, place the risotto in a saucepan and cover with some of the white wine. Add the finely chopped onion, garlic and a pinch or two of salt.

Bring to the boil, simmer and keep adding the wine as it diminishes. If it still requires some more liquid, use a bit of water.

Place a pan on the stove and allow to get hot with a little bit of oil (be careful not to heat the oil too much as it tends to stick if the oil is too hot!).

Once the oil is ready, place the salmon in the pan with the presentation side down, sear all of the edges, on the last edge remove from the stove and place in the oven for approx. 2-3 minutes.

This page sponsored by Tessa, Daniel and Jono Machlup and employees of Tessa Design.

Baked Banana and Chocolate Spring Roll

To be prepared approx. 30min before service

2 bananas
200g chocolate
100ml cream
3 sheets phyllo pastry
30g butter

Melt half of the chocolate and coat the banana slice in melted chocolate.

With the other 100g of chocolate and the cream, add together in a pan and reduce by $\frac{2}{3}$.

Layer the phyllo pastry with the butter in between, cut the end result into half and use each half to make spring roll.

Fry in shallow sunflower oil until golden brown on all sides.

Use two spring rolls to a portion. Serve immediately.

Lemongrass Crème Brûlée

700ml cream
250ml milk (full cream)
150g castor sugar
4 stalks lemon grass
3 eggs yolks
3 eggs
±50g sugar for the crust

Add the cream, milk, sugar and the lemon grass into a pot and bring to the boil.

Remove from the stove and add the egg yolks and the eggs. You must whisk the mixture while you are adding all the eggs so that they don't cook and become scrambled eggs.

Place into your desired mould and bake for approx. 30-40min at 90°C.

With best wishes, The Zollmann family.



Liquid Chefs

Cocktails for her.....

Martini Zen

The Zen has a sophisticated, refreshing & soothing style to it. It develops its style by combining fresh mint leaves lightly pressed with honey flavoured syrup enhanced by slight bitter but yet balanced flavours of Martini Bianca & Green Tea.

Ingredients

8 mint leaves
15ml honey syrup
25ml Martini Bianca

Glass
Martini

Method

Muddle mint with honey syrup in Boston glass
Add Martini Bianca with Green Tea
Fill 2/3 with cubed ice

Garnish
Mint sprig

Kiwi and Cucumber Martini

(non-alcoholic)

Slices of fresh cucumber & kiwi fruit are muddled together with simple syrup, topped with fresh cloudy apple juice & a splash of fresh lemon. A refreshing, crisp cocktail served short over cubed ice.

Ingredients

¼ fresh kiwi
4 slices fresh cucumber
12.5ml Gomme
50ml cloudy apple juice
125ml lemon juice

Glass
Martini

Method

Muddle the kiwi and cucumber with the gomme in a boston glass
Add the apple juice and lemon juice
Fill the glass to 2/3 full with cubed ice
Shake and double strain into a martini glass

Garnish
2 cucumber slices placed on top of each other on the rim of the glass

With love and best wishes from Leonard Himelsein.

Cocktails for him.....

Mifashioned

Mibar's version of the old fashioned. This classic requires meticulous stirring of Martini Rosso, sugar syrup, Bourbon & ice. Served short & garnished with a cherry.

Ingredients

30mls Bourbon
20mls Martini Rosso
15mls Gomme
4 dashes Agostura Bitters
Pour bitters into a tumbler

Glass
Tumbler

Method

Add 2 ice cubes & stir
Add the Gomme & 2 ice cubes & stir
Add the Martini Rosso & 2 ice cubes & stir
Add 30mls Bourbon & 2 ice cubes & stir

Garnish

Orange twist & cherry on a cocktail stick

Passion Fruit Caipirinha

(non-alcoholic)

A tangy Brazilian classic of fresh limes muddled over sugar syrup topped with passion fruit pulp & granadilla juice. Served short over ice.

Ingredients

1 lime cut into quarters
20ml Gomme
30ml granadilla juice
15ml passion fruit pulp

Glass
Tumbler

Method

Muddle 12 lime quarters with the Gomme in a tumbler
Add the Bacardi, pulp & juice
Add crushed ice to 2/3 full & stir, mixing everything together
Top with a small ice cap

Garnish

No garnish required

This page sponsored by Jonathan & Tessa Hackner and kids.

JOHNNY'S

Liquor Hypermarket

*We will beat any
written quotation!*

**Voted best Liquor Store in
Pretoria 2008 & 2009!
- Pretoria News**

www.johnnysliquor.co.za

Pretoria Central

49 Schubart cnr. Bloed Street, Pretoria Central

Tel: (012) 323 - 7868 • Fax: (012) 323 - 0842

Mon - Fri 8:30am - 6:00pm • Sat 8:30am - 2:00pm

Faerie Glen

Shop 1. Atterbury Value Mart Cnr. Atterbury

& Selikaats Rd, Faerie Glen Extension 15

Tel: (012) 991-4999 • Fax: (012) 991 - 4996

Mon - Fri 8:30am - 6:00pm • Sat 8:30am - 4:00pm

Sms "Specials" or send a "Please Call Me" to 083 261 8179 to receive our specials or email sales@johnnysliquor.co.za ! Liquor vendors register now to qualify for wholesale cost prices, ask in store.



Lisa Brink

Israel

“My background is in advertising but my heart has always been in food. It was my passion for all things culinary that led to me opening my first cookery school - Cupcake Academy in Sunninghill, Sandton - where I taught packed-out classes the art of easy, impactful cooking and creative entertaining. I realised a lifelong dream when I made aliyah in June 2006 and opened the doors to the Delicious! Kitchen - a cookery school based on the exact blueprint of my previous school in South Africa - in November 2007. The local community has given me the most wonderful, warm welcome and I once again find my workshops booked to capacity with keen students of all ages and nationalities. I live in Hod Hasharon - a lush, green suburb 20 km north of Tel Aviv that is entirely surrounded by strawberry fields - with my children Rachel and Sam who regularly eat breakfast cereal for dinner when I am too busy preparing for classes to cook. “

Subtly Spiced Lentil & Lemon Soup

I've had many meaningful encounters with my students over the years but, as I share the recipe for this especially popular soup with you all, one particularly memorable moment comes to mind. I had completed a class and was saying my goodbyes when a man who had sat quietly in my workshops for several months, approached me. With a gentle smile, he took my hand in his and said heartfully, 'Thank you for giving me the confidence and know-how to feed my family.'

He then went on to explain that his wife had died of cancer a few months before and, until he came to my lessons, he had fed his children on take-aways. At first he limited himself to only making my soups which were especially easy for a novice cook, but, when these turned out so well, he was encouraged to try all the other recipes I demonstrated too.

This charming widower still attends classes every month and, when I know he is coming, I always make sure that there is an extra portion of soup left in the pot for him, as he has often remarked that he's 'there for the soup' before anything else!

1 Tbsp olive oil
2 onions, finely chopped
1 tsp ground cumin
1 tsp ground coriander
1 ½ cups red lentils
8 cups vegetable/parev chicken stock
Zest of one lemon, finely grated
2 cups chopped spinach leaves
Salt and pepper

TO SERVE

1 cup plain yoghurt
3 Tbsp chopped coriander

Heat the oil and add the onion, cumin and ground coriander and cook for 6 minutes or until the onions are lightly browned.

Add the lentils, stock and lemon zest and bring to the boil. Cook for 15 to 20 minutes till the lentils are soft. Stir in the spinach leaves and cook a further 5 minutes. Season with salt and pepper.

Mix yoghurt and chopped coriander and spoon onto servings of soup if desired.

With love from Nicki, Davin and Jemma Schapiro.

Sweet & Sour Carrot Salad with Chinese Pecans

It looks like a conventional carrot salad ... it's as easy to make as a conventional carrot salad ... but a single mouthful will tell you that it's anything but a conventional carrot salad.

An intriguing blend of sweet 'n sour, this boldly flavoured salad dish is especially good when served at a braai, and the fact that it is parev makes it that much more versatile.

I recommend making this dish with Chinese pecans which are utterly irresistible nuts baked in maple-type syrup.

I don't think that this heavenly snack is sold in South Africa - be sure to put in your shopping order when family and friends visit Israel - and so I've given you an easy-make method that produces a pretty good substitute.

Alternatively you can replace sugared pecans with any other sugared nut.

1 large bag carrots, peeled and grated

$\frac{3}{4}$ cup oil

$\frac{1}{2}$ cup rice wine vinegar

5 Tbsp Dijon mustard

4 Tbsp soft, brown treacle sugar

5 cloves garlic, crushed

100g Chinese pecans

$\frac{1}{4}$ cup chopped chives/Italian parsley

Combine oil, vinegar, mustard, sugar and garlic together and stir through grated carrots. Toss through chopped chives or parsley and add Chinese pecans shortly before serving.

COOK'S NOTES

Rice wine vinegar can be placed with equal quantities of apple cider vinegar and water. Make your own Chinese pecans by melting 2 tablespoons of butter/margarine, 3 tablespoons of soft, brown treacle sugar and 3 tablespoons of water in a small pot. Add nuts and toss over low heat for about 5 minutes till crunchy then drain on paper towels. Sprinkle over ice-cream, desserts or salads.

Best wishes and happy cooking, love Martin, Bev, Adam, Taryn and Eli Seidle.

The Ultimate North Indian Traditional Chicken Curry

I've demonstrated this winning dish over 50 times between my cookery school in Johannesburg and my classes in Israel and my students have practically stood up and applauded every time.

People often mistakenly believe that you can make curry by simply adding a couple of spoonfuls of commercial curry powder to a conventional stew but this couldn't be further from the truth.

What you put into cooking is what you get out and it's the layering of flavours that make this classic Indian dish so exceptional.

Please don't be put off by the lengthy list of spices as these are easily available at any spice shop and won't cost you very much at all.

Remember that leftover spices are best stored in the refrigerator or freezer and should be clearly labelled as they all look much the same!

1 kg chicken thigh fillets, cut in chunks
2 large onions, quartered
Large chunk peeled ginger
6 fat cloves garlic
1 large bunch coriander leaves
4 Tbsp sunflower oil
1 Tbsp briyani mix/1 Tbsp coriander and fennel seeds*
4 tsp medium curry powder
2 tsp hot curry powder
2 tsp garam masala
2 tsp ground cumin
2 tsp ground fennel
2 tsp ground coriander
1 tin All Gold All Purpose Tomatoes
4 large peeled potatoes, quartered and par-boiled
2 tsp salt
2 Tbsp chutney
2 extra tsp garam masala

* Briyani mix is sold under this name at spice shops and contains a mix of coriander seeds, fennel seeds, cardamon seeds and cinnamon bark and it is a far more flavourful alternative to just using coriander seeds, so choose this option instead if possible.

Chop onions in food processor to a medium size, then add garlic, ginger and coriander leaves and process till finely chopped. Heat the oil in a large saucepan and add the onion mixture, then fry over medium heat for about 5 minutes till soft but not burnt. Add the briyani mix/coriander seeds for 30 seconds, then add rest of the spices and fry for 1 minute with the lid on. Add chicken cubes and mix till well coated, then put lid on and leave to simmer on low heat— do not add any liquid even though it looks dry as it will soon make its own gravy – and stir every 15 – 20 minutes. Cook for $\frac{3}{4}$ hour, then add tomatoes, potatoes, salt and chutney. Stir well and cook for another 30 minutes on low or until potatoes are completely cooked. Just before serving, stir in 2 tsp garam masala.

COOK'S NOTES:

Curry recipe works just as well for lamb or beef cubes but you'll need to increase cooking time to double the times given above. Leftover curry may be frozen but in this case remove the potatoes as they go watery and add fresh cooked potato chunks when reheating.

Remember potatoes don't cook properly when cooked with tomato so precook potatoes before adding to the curry.

Savour the Flavours - Tony, Dora Knight and family.

Balsamic Beef with Peppers & Sun-dried Tomatoes

The dairy produce in Israel is simply superb....farm-fresh fruit and vegetables abound....and even the chicken and fish are surprisingly good.

You'll notice I've made no mention of the local red meat....and for good reason.

It's already a challenge to add taste to kosher meat, but it's especially difficult in Israel as all meat is imported and is sold either as a solid, leaden lump, or is defrosted and injected with water to plump it up and fool shoppers into thinking its fresh.

I always tell my students not to think of meat as an independent flavour in itself but rather as a carrier of flavours.

In this case, balsamic vinegar tenderises the beef which acts as a vehicle to convey the taste of North African spices, sun-dried tomatoes and sweet, roasted peppers.

The result is an aromatic beef hot pot that can be stretched to feed a crowd and can be conveniently made ahead of time and sit comfortably on the Shabbas platter without spoiling.

1 tsp each coarse black pepper, ground coriander
Ground nutmeg, paprika, cumin and salt
¼ cup flour
700g cubed beef
3 Tbsp olive oil
1 cup each finely diced red onion, carrot and celery
2 tsp crushed garlic
1 stick of cinnamon
3 bay leaves
⅓ cup balsamic vinegar
2 Tbsp soft brown treacle sugar
½ cup chopped, soft sun-dried tomatoes
3 – 4 roasted red peppers, skinned and cut in thick strips (optional)
1 small (400 grams) tin chopped tomatoes
2 cups beef stock
¼ cup Italian parsley, chopped
½ cup toasted slivered almonds
Extra chopped parsley to garnish

Preheat oven to 160°C.

Combine spices and flour and toss beef cubes in the spice mixture to coat.

Fry meat cubes briefly to seal in flavor OR place directly in casserole dish if short of time, as balsamic vinegar will help sweeten and brown the meat.

Fry onion, garlic, carrot and celery in the same pan till soft then add to casserole.

Add cinnamon, bay leaves, vinegar, sun-dried tomatoes, roasted red pepper strips, sugar and parsley and toss ingredients together. Cover with a lid or foil and cook for 2 hours on the lowest rack of the oven.

Top with toasted almonds and extra parsley and serve with couscous.

COOK'S NOTES:

Roasted peppers are optional and you could use only sun-dried tomatoes if you prefer but I love the peppers included in this dish. To roast a red pepper – or a yellow or orange pepper – simply slice off the bottom and remove the seeds and then place on a tray and bake at 200°C for approximately 30 minutes till wrinkled with black spots in places. Remove and place in a plastic bag and then pull off pepper skin when cool. Peppers may be made a few days in advance and then skinned and stored in the refrigerator.

Bon Appetit & best wishes - Lionel, Lindsay Trope & family.

Nutella Cupcakes

What is it about Israel and the State's near obsession with all things chocolate? Supermarket fridges heave with chocolate flavoured yoghurts, mousses and ice-creams....entire aisles are dedicated to chocolate cereals including one especially decadent brand that features crisp, biscuit pillows filled with melted chocolate cream...chocolate spread sandwiches outnumber peanut butter ten to one....and school insists that parents send only chocolate cake for class birthdays as that's all the children eat.

Yes....they actually insist!

When in Israel.....do as the Israelis do.

I'm willing to bet that it's only a matter of time before my deliciously dense chocolate-packed Nutella cupcakes replace the falafel as the national snack.

Ingredients

140g soft butter

$\frac{3}{4}$ cup sugar

3 extra large eggs

1tsp vanilla

$1\frac{3}{4}$ cups plain cake flour

$\frac{1}{4}$ tsp salt

2tsp baking powder

Nutella

Method

Heat the oven to 180°C and line cupcake trays with greased/sprayed paper liners.

Cream butter and sugar till well mixed and then beat in eggs one at a time.

Beat in vanilla, then stir in flour, salt and baking powder till completely incorporated.

Spoon a large dollop of Nutella into the base of each cupcake paper and top with batter till each liner is half-full.

Add another spoonful of Nutella to the top of each cupcake and swirl in with a toothpick, making sure to fold a bit of batter over the Nutella.

Bake for 20 minutes till just firm and then remove from oven and allow to cool.

Bon Appetite and best wishes, Alethea Miller.

Chocolate & Almond Torte

People who've attended my classes both in South Africa and Israel will know that I strongly dislike synthetic ingredients like margarine and non-dairy cream and try whenever possible to avoid using them in my cooking.

(I bet I'm not the only one to receive the chain email that declares margarine to be just one molecule away from plastic. Dozens of times over...nearly as often as I've received the urban legend Neiman Marcus cookie recipe that has been bouncing around the globe in various forms for over 50 years).

I grudgingly accept that there are times that you're forced to use these ingredients for kashrut reasons but even then "a Boere Jood maak 'n plan".

And here's mine...

This obscenely addictive chocolate & almond torte is both dairy and gluten free, making it parev and kosher for Pesach.

Don't only save it for the holiday, however!

Amazingly moist and utterly unforgettable, it is suitable for serving as a dessert or at tea time and stays fresh in a sealed container for days.

6 extra large eggs

1 cup sugar

200g chocolate chips/grated dark chocolate

200g ground almonds

1 tsp cinnamon

Grated zest of 1 lemon

3 Tbsp fresh lemon juice

1 tsp kosher for Pesach baking powder*

¼ cup Kiddush wine

Preheat the oven to 160°C and line a 23 cm baking tin with baking paper plus spray well or line a cupcake tray with greased paper liners.

Beat the eggs and sugar very well till light and creamy.

Add baking powder, chocolate chips, almonds, cinnamon, zest, juice and sherry and beat till just combined.

Bake cake for approximately 45 minutes – 1 hour or until a skewer comes out clean – cupcakes will take approximately 25 – 30 minutes – then remove from oven and drizzle with melted chocolate or dust with icing sugar when cool.

COOK'S NOTE:

If you'd prefer a lighter cake texture, then this is achieved by beating egg whites and yolks separately. Begin by beating the egg whites with 3 tablespoons of the sugar till stiff. In a separate bowl, beat the egg yolks with the remaining sugar and then beat in the baking powder, choc chips/grated chocolate, almonds, cinnamon, zest, juice and Kiddush wine. Carefully fold the stiff egg whites into the egg yolk mixture and proceed as above.

** Kosher for Pesach baking powder is sold in Israel but can be left out if you are unable to find it in South Africa and are making this dish for Pesach.*

Food & Wine by Judith Lee

FOOD AND WINE

I love creating dinners that are culinary adventures, dinners where the food is delicious and the atmosphere is conducive to fabulous conversation. I love an evening where dining together creates a bond between people through sharing a great culinary experience.

How do I do this?

The food must be flavoursome.

The table should be a visual delight.

I add flowers, candles and lighting for romance.

And then, for the most powerful way to loosen tongues, the enhancer of parties and the friend of all hostesses, I bring out the wine.

Wine is a big subject. There are about 600 wine estates in South Africa that produce many different varieties and styles of wine.

Where to start?

For beginners, the wine – any wine — is very seldom the wrong wine, but often the wine may not be the perfect match. There is a difference. So, considering that very little about your choice of wine can be wrong, it is worth trying to find the perfect match.

How do you know if it is a good wine?

Ask the merchant. Boutique bottle stores are generally owned and run by people who are passionate about wine and you may be relatively certain that they will be delighted to teach and guide you. For the fun – and the knowledge you will gain – hook on to an estate and try all their wines and for sheer delight, visit a wine farm when you are on holiday. Ideally, it should be a small, little known estate and then learn to enjoy their style. Your experience will become a wonderful story to relate to your guests over a glass of wine.

Wines are made as either single varieties or blends.

Varities are the different grape cultivars, in the same way there are different types of lettuce (butter lettuce, cos, iceberg and so on). So it is with wines. Merlot, Chardonnay and Shiraz are wine grape cultivars. Below, I have listed the main varieties, each with their unique and obvious flavours that you will detect on the nose and the palate. It should allow you to recognise each wine and help you understand which food it will enhance. It does take practice, however it should be great fun.

White varieties

Chenin Blanc – Floral and honeyed. Fruity.

Sauvignon Blanc – Green Grass. Mineral. Tropical fruit.

Chardonnay – Wooded (generally). Vanilla, buttery and citrus.

Red varieties

Merlot – Fruit cake. Dark, ripe fruit. Meaty.

Cabernet Sauvignon – Plums, berries and pencil shavings.

Shiraz – Spicy and herbaceous. Leather with rich forest fruit.

Pinotage – Rich sweetness of cherries and plums.

Other varietals

Viognier, Semillon, Pinot Noir, Mourvedre, Malbec, Gewürztraminer, Sangiovese. There are many, many more.

To achieve an interesting well-rounded and multilayered wine, the wine maker will blend different varietals in varying proportions, always aiming to create a well-rounded, but complex drinking experience. That is the main character of a blended wine.

Styles of wine are varied. Wines are made either as full bodied, medium bodied or light, and sometimes as shades in between. A single varietal, as a style, may represent their regions and the estates of origin, as do the blended wines that represent varied styles of different regions. Sweet dessert wines include fortified muscadels and jerepigos. The styles are endless but, for unsurpassed elegance, try a methodé Cap classique (SA Bubbly).

So how do we put it all together?

Cheese platters work well to create a warm atmosphere conducive to sharing.

The most common accompaniment to wine is cheese. This is an easy match that should be a sharing experience. The idea is that everyone reaches and helps themselves, or each other. People will naturally try different combinations of cheese, preserves and wine. If you do this well, the results are excellent.

The cheese platter needs to be packed with interesting foods: crisp and fresh breads, preserves, pâtés, olives, nuts, dried fruit, apples, pears, grapes, marzipan, Turkish delight, even chocolate. The basic cheese platter should have mature cheddar, brie and/or camembert, blue cheese, emmenthal and, ideally, a surprise. That would be something that no one else has thought of. Try a chilli something and serve your offering with a wide variety of wines.

Or just one, which could be a full- or medium-bodied red wine, dessert wine, a fortified muscatel.

Try a grassy sauvignon blanc to delight the pallet after a mouthful of ripe brie.

The wooded chardonnay matches well with a light cheddar.

Try an olive. You'll find that a bitter olive will make the merlot taste sweet.

Spread Strawberry preserve on a slice of mature cheddar and then take a sip of a full-bodied cabernet sauvignon. You will be surprised at the experience.

Smelly, ripe blue cheese is excellent with a sweet dessert wine.

And for the most sophisticated experience of all, a light, earthy, raspberry pinot noir that will enhance the taste of everything.

Try a fruit platter with methodé Cap classique and sushi with an austere sauvignon blanc.

For chicken salad, I would recommend a light Chenin Blanc.

Duck l' orange comes into its own with a buttery chardonnay and an underlying citrus finish.

Roast beef is best served with a rich and mature cabernet sauvignon.

Pepper sauce over a juicy rump calls for a spicy peppery shiraz.

A chenin blanc soothes the way into a light curry with fruit.

Thai food is complemented with a perfumed riesling or a layered and complex viognier.

For seared tuna, experiment with flavoursome, tropical fruit sauvignon blanc.

Pears poached in pinotage acquire a gravitas beyond their humble origin.

Serve with cream accompanied by a glass of that same pinotage.

What to do immediately? March into your local wine shop and ask for a big spicy shiraz.

Cook up a Hungarian goulash with lots of paprika, invite some friends, fill their glasses with the shiraz and create an unforgettable evening of joy and laughter. It is as simple as that.



SYNCRONY
WORLD CLASS SOLUTIONS

Synchrony Web Design & Software Development
011 783 6888
www.synchrony.com

20 WOODLANDS CRESCENT, WOODMEAD SPRINGS, SANDTON



E-Mail: kidzid@global.co.za
TEL: (011) 803-3004 • FAX: 086 669 7945
SHELLY GRUSKIN - 083 454 4278 • KIM RAKUSIN - 082 469 7877



Michael & Ghita Block

Michael and Ghita aim to provide fresh and creative memorable food, ranging from individual dishes to special occasions. This continues the venture started by Ghita twenty five years ago.

Phyllo Appetiser Delights

(Yield: approx 25 pastries)

10 sheets phyllo pastry
Melted butter for brushing phyllo
Sesame seeds for sprinkling on pastry
2 cups of blanched and drained spinach
½ cup of fried onions
½ cup grated tussers cheese
½ cup ricotta cheese
½ disc of feta - crumbled
1 egg yolk
2 Tbsp cream
2 Tbsp sweet chilli sauce
Salt and freshly ground black pepper
Small pinch of nutmeg

Combine all the ingredients in a mixing bowl and taste and adjust seasoning.
Preheat the oven to 180°C.
Lightly spray a baking tray.

To Assemble:

Unfold the phyllo on a clean surface.
Cut the sheets lengthwise into thirds and stack them on top of each other (to prevent them from drying out, keep them covered with a damp cloth while working).
Lay out one piece of pastry and brush with melted butter.
Fold the sheet lengthwise and brush again with butter (should be about 7cm wide).
Place 1 Tbsp of filling on the near end of the strip.
Fold the lower corner of the strip up and over the filling so that the bottom edge then lies flush with the right side and forms a triangle.
Keep folding up to the top of the strip, making a triangular pastry, brush both sides with a little more butter and place seam side down on baking tray.
Sprinkle with sesame seeds.
Bake for 25 to 30 minutes until puffy and golden.
Serve at once while hot and crispy.
You can freeze the unbaked pastries and bake them from frozen.

Optional filling:

1 cup grated cheese
1 large mashed potato
1 egg to bind
Salt and freshly ground black pepper to taste

L'Chaim! Donna and Joel Trapido.

Grilled Salmon with Cucumber Salsa and Saucy Pasta Salad

Rub salmon fillets with olive oil, salt and pepper and fish rub.
Grill salmon till opaque in the centre (about 4 mins per side).

Cucumber Salsa:

2 cups finely chopped cucumber
 $\frac{3}{4}$ cup finely chopped red pepper
 $\frac{2}{3}$ cup finely chopped red onion
 $\frac{1}{2}$ cup finely chopped fresh coriander
2 Tbsp brown vinegar (or red wine vinegar)
2 Tbsp olive oil
2 Tbsp sugar
1 tsp salt

Serve with saucy noodle salad:

Mix together ingredients below for the sauce:

$\frac{1}{4}$ cup soy sauce
 $\frac{1}{4}$ cup fresh lemon juice
1 Tbsp oil
1 Tbsp sesame seeds
1 Tbsp white vinegar
3 Tbsp treacle brown sugar
4 tsp grated fresh ginger
 $\frac{1}{2}$ cup peanut butter
2 Tbsp water

Cook the angel hair pasta until al dente.

Add 1 cup finely shredded red cabbage in last two minutes of cooking.

Drain pasta and cabbage and add the following;

1 cup finely shredded spinach
2 cups mung bean sprouts
2 cups coarsely grated carrot
 $\frac{1}{4}$ cup grated radish

Pour the sauce over the pasta that has been mixed with above ingredients and serve on the side of the fish.

Celebration “Black” Forest Gateau

This is our simplified version of the “Black Forest” – hence it’s novel name!

Meringue layers:

Prepare two 22 cm layer or springform pans by lining the base with baking paper and lightly spray the sides.
Set the oven at 180°C.

4 egg whites

$\frac{3}{4}$ tsp baking powder

1 cup sugar

10 crushed boudoir biscuits

$\frac{1}{2}$ cup chopped pecan nuts

$\frac{1}{2}$ tsp vanilla

Beat the egg whites till stiff - gradually adding sugar and baking powder.

Fold in by hand the biscuits, nuts and vanilla.

Bake at 180°C for 25mins.

Switch off the oven and leave cakes in for 1-2 hours.

Remove from tins when cold.

Chocolate layers:

Grease and line two 22cm pans as above.

Set oven at 200°C

4 eggs

$\frac{3}{4}$ cup castor sugar

$\frac{3}{4}$ cup flour

$2\frac{1}{2}$ Tbsp cocoa

Whisk eggs and sugar till thick and fluffy.

Gradually fold in the sieved flour and cocoa.

Divide batter equally and bake at 200°C for 10-12mins.

To assemble

2 cups cream – whipped with $\frac{1}{2}$ cup icing sugar

Chocolate icing

Grated choc or choc curls

1 cup chopped pecans

Maraschino cherries- drained

Start with a meringue layer, covered with a thin layer of chocolate icing, followed by a generous layer of cream.

Repeat with a chocolate icing layer next, then another layer of cream.

(Can put a sprinkling of nuts on the creamy layers).

The next layer is a meringue and the last layer is chocolate.

Smooth cream around the sides.

Decorate with piped cream, chopped nuts and chocolate curls with a few maraschino cherries.



Myrna Rosen

United States of America

***Myrna Rosen** was born in South Africa but now lives in Cincinnati in the United States. Cooking has been a trait in her family for many generations and she attributes her knowledge and love of cooking to the interest created in her by her mother, Mercia Fine, whose experience and knowledge has been an endless source of inspiration to her.*

When approached to participate in this project, Myrna said “I am amazed and humbled at how often people come up to me after all these years and tell me how my books are their “cooking bibles”. It always gives me great pleasure to know how treasured they are and have been so helpful to so many people all over the world. But the greatest compliment of all is that they are always sought after and that I am considered a “celebrity” for every charity cookbook. May you enjoy much success with your new venture and I am so happy to be able to contribute”.

Chocolate Babka

1½ cups milk, warm (110°C)

2 packages active dry yeast

¾ cups plus 1 tsp sugar

2 eggs

2 egg yolks

6 cups all purpose flour

1 tsp salt

2 stick butter (partly melted) *

¾ cup sour cream

Place warm milk in a small bowl.

Sprinkle yeast and 1 tsp sugar over milk and stir in – cover and let stand in a warm place until foamy – approx 5 mins.

In bowl or foodmixer, whisk eggs, egg yolks and ¾ cups sugar until light and fluffy.

Sift together flour and salt.

Add yeast to egg mixture and slowly mix until blended. Change to a dough hook and add partly melted butter, sour cream and sifted flour and knead until ingredients are well blended and mixture becomes a smooth soft dough (slightly sticky) - approx 10 mins.

Turn dough out onto a lightly floured surface and knead a few more times until smooth.

Butter a large bowl – place dough inside bowl and turn to coat. Cover tightly with plastic wrap and then a nice big towel and then leave in a warm place to rise for about 1 hour or until doubled in size.

Grease 3 loaf or 2 bundt tins.

Melt another stick of butter – let cool. *

Punch down dough and roll out onto a clean, floured surface and cut dough into 2- 3 pieces – depending on how many tins you are using.

Dough should be rolled out about ½ "thick for 2 or 16 "square for 3

Brush with melted butter – sprinkle generously with cinnamon and sugar – then sprinkle with chocolate chips.

Brush along the edges with egg wash (1 egg beaten with 1 Tbsp milk) and roll up tightly.

Pinch ends to seal and twist 5-6 times. Brush top with egg wash and sprinkle again with cinnamon, sugar and choc chips, fold in ½ over filling and twist again 2-3 times.

Place in tins – cover with plastic wrap and leave to stand in a warm place for about 30 mins.

Brush with egg wash and sprinkle with streusel – Bake at 180°C for 55mins.

Turn oven down to 120°C and bake a further 15-20 mins or until deep golden brown.

Streusel:

1 cup flour

1 cup sugar

½ stick butter *

Blend all together to make crumbs.

COOK'S NOTE:

** It just goes to show how Americanised I have become I say with a chuckle - 1 stick of butter is 125 g or 4 ozs*

Mustard Marinated Chicken

1 chicken, butterflied

Marinade:

1 cup olive oil

1 ½ tsp salt

Juice of 1 lemon

1 cup parsley (loosely packed)

1 tsp red pepper flakes

4-5 cloves garlic

¼ cup wine vinegar

⅓ cup Dijon mustard

Rub marinade inside and under skin and all over the chicken. Leave to marinate in refrigerator overnight. Grill on braai basting with remaining marinade or roast in a 200°C oven on a rack over a roasting pan until nicely browned and crisp.

Watermelon and Arugula (rocket) Salad

2 cups arugula (rocket)

2 cups largely cubed watermelon

1 cup toasted, slivered almonds

(Toast in microwave for 1-2 mins and watch carefully so you don't burn)

1 Tbsp olive oil

2 Tbsp balsamic vinegar

125g crumbled feta cheese

Salt and pepper to taste

Combine all ingredients and lastly sprinkle with toasted almonds.

Best wishes, the Jankelow Family.

Myrna's Grilled Veal Chops

6-8 veal chops – cut 1½ to 2 "thick
1 Tbsp kosher salt
1 Tbsp coarsely ground black pepper
Juice of ½ a lemon
½ cup olive oil
2-3 cloves crushed garlic
1 Tbsp Dijon mustard
1 Tbsp fresh parsley (finely chopped)
1 Tbsp fresh sage (finely chopped)

Combine all ingredients and marinate chops overnight or for at least 6-8 hours. Place on the braai and grill until nicely browned on either side, basting with the marinade (only while cooking – do not use the marinade after meat is cooked).

The chops can also be seared in a pan and placed under the grill until done (as desired) cooking on both sides. I like it crispy on the outside and slightly pink in the middle.

Garnish with fresh sage and lemon quarters. Serve on a bed of herbed linguini. Boil linguini al dente and add margarine (or butter) and chopped herbs to taste - salt and pepper if necessary.

Mexican Crème Caramel

1 cup sugar
5 eggs
5 ml vanilla
1 tin condensed milk
1 tin evaporated milk
2 cups milk

Heat the oven to 180°C. Melt sugar over medium heat in a saucepan, stirring constantly until dissolved. Pour into a Pyrex bowl * and swirl around the bottom and sides. Allow to cool.

Mix together condensed milk, evaporated milk and milk and heat in the microwave until almost boiling.

Beat eggs slightly with a whisk - add vanilla and hot milk mixture, slowly whisking all the time.

Bake in a bain marie (pan filled with hot water) for 50-60 mins or until slightly jiggly in the middle.

Refrigerate overnight. Loosen edges with a knife and invert onto a serving platter.

Optional – can pour over a little Tia Maria.

**To measure Pyrex bowl - fill with 4 cups of water and if it just about fills it, then it is the right size.*

Best wishes to all - Simon & Sarah Lemmer & family.



Norrie caterers & Café Riteve

A family business owned & managed by Shirley & Stanley Norrie

***We cater for any special occasion,** prepare take-aways, supply convenience meals to supermarket chains and prepare homemade tasty meal solutions to hotels, conference centres and restaurants.*

In our business we strive to provide First Class service to our clients in the Hospitality Trade. Our expertise and creativity will stand us in good stead to produce food and provide service levels of which all can be proud.

Our Catering Service

Catering for a function or event can be a daunting task – we aim to make your celebration a “celebration” by being part of your team.

We tailor make menus to suit your style & budget – that is why we prefer to meet on a one on one basis rather than send out menus & never have personal contact with our clients. We discuss your likes, dislikes, choices & revert with a no – obligation quote which can be fine tuned to your satisfaction.

***PATIENCE** Norrie Caterers believes in patience in dealing with our clients – because not all clients have previously been involved in planning a celebration or event. We believe our valuable experience & willingness would assist in making your event a success.*

***PROFESSIONALISM** We are able to produce functions with or without function co-ordinators that will make our clients & ourselves proud.*

***PRIDE** We pride ourselves on our reputation!*

***PERFECTION** We strive for the ultimate in good faire!*

***VENUES** We cater just about anywhere!*

Beetroot Soup with Cumin & Yoghurt

This soup we often serve as a "canapé" in a double shot glass – vibrant colour, filled with flavour, but do not spill as this will ruin your look!

Ingredients

4 Tbsp olive oil
½ large onion, thinly sliced
2 garlic cloves, thinly sliced
1 tsp cumin seeds
750g raw beetroot, peeled & finely diced
1 large potato, finely diced
1,25 litres of water
3 Tbsp red wine vinegar
1 small bunch of Italian parsley, roughly chopped
100g Greek yoghurt

Method

Heat oil in large saucepan; add onion and pinch of salt.
Sauté the onions for approximately 10 minutes.
Add garlic, cumin and cook for 2 minutes to release flavour. Add beetroot and potatoes.
Pour in water; bring to gentle simmer, approx. 15 minutes.
Place in blender with liquid and blend until smooth. Return to pan, add vinegar, half the parsley, salt and pepper.
Puree mixture and put through sieve.
Serve with yoghurt on top, rest of the parsley and extra drizzle of olive oil.



With love and best wishes Shelley, Terry, Jessica and Jonathan Kier.

Milk Tart Recipe

We have chosen to serve our milk tart in a phyllo basket.

Butter & layer the phyllo in a muffin tray and bake at 180°C until light brown.

Ingredients

1 litre full cream milk

6 extra large eggs, separated

20 ml corn flour (Maizena)

40 ml cake flour

5 ml vanilla essence (or 2,5 ml vanilla essence & 2,5 ml almond essence)

250 ml (200g) sugar

30 g butter

Pinch of salt

To make the filling

Bring 750 ml milk to the boil.

Add corn flour (Maizena), cake flour, salt, and $\frac{1}{3}$ of a cup of sugar to the remaining 250 ml milk and mix to a smooth paste.

Remove boiled milk from stove and beat paste into milk with a wire whisk until a smooth mixture is formed.

Beat egg yolks and $\frac{1}{3}$ of a cup of sugar together and add the essence. Add the butter.

Stir in with warm milk mixture.

Beat the egg whites until they start to foam and add $\frac{1}{3}$ of a cup sugar.

Beat the mixture to a soft peak stage and fold into mixture.

Bake at 220°C for 10 minutes.

Cool & set – then pipe into basket or cone and top with cinnamon sugar.

Tel: (021) 465 1594 • Fax: (021) 465 5983 • 88 Hatfield Street, Gardens

Café Riteve

Stanley Norrie
E-mail: caferiteve@norriecaterers.co.za

Catering for:
Private Dinners •
Cocktail Parties •
Book Launches •
Barmitzvahs •
Engagements •
Weddings •
Anniversaries •
Birthday Parties •

Lecture theatre and
boardroom facilities available!

Café Riteve Constructing of
Café Riteve

With love, Arnie and Doreen Saks.

Pear Delight

This dessert is “lekker” sweet & decadent with custard or ice cream – do not consider when you are “weight watching!”

Ingredients

3 Tbsp butter
1 cup sugar
3 eggs, beaten
¼ tsp salt
1 cup flour
1 tsp baking powder
1 tin of pears (410g)

Sauce:

125g butter
½ cup brown sugar
1 cup milk

Method

Cream butter and sugar and add beaten eggs.
Sift together flour, baking powder and salt and add to creamed mixture.
Mix in 1 tin of pears.
Grease baking dish.
Bake the pudding for ± 30 minutes at 180°C.

Melt the butter and add brown sugar. Stir until caramel is about to form. Add milk, bring to the boil and pour over the tart when removed from the oven.

Spinach & Feta Cannelloni

This is our "standard" no fail to impress bake.

Ingredients

1 tin tomato & onion mix
1 box cannelloni tubes
300g feta cheese
3 bunches spinach leaves
300g Kings Ransom cheddar cheese
Pepper to taste
Paprika and dried parsley

White sauce

4 Tbsp butter
4 Tbsp flour
2 cups milk
Dash salt
Dash white pepper

Preparation

In a heavy saucepan, over low heat, melt butter. Stir in flour with a wire whisk. Cook over low heat for three minutes, stirring constantly (this mixture is called a roux). Do not allow the mixture to brown. Gradually stir in milk, whisking constantly. Cook over low heat for 3-5 more minutes until sauce begins to thicken. Season to taste. Makes 2 cups.

Chop spinach. Combine cheese & spinach – fill tubes. Line dish with tomato & onion mix - hint, add soya sauce and sugar to taste.

Line dish with filled tubes. Cover with white sauce. Garnish with paprika and parsley. Bake at 180°C for 45 minutes.

With love from The Gillman's.

This amazing home decorator's dream store, specialises in top of the range kitchenware and unique kitchen utensils, exquisite objects in stainless steel, pewter, glass and decorative pieces for elegant living. At Kitchenique you will find the perfect gift from the incredible selection of our own imported ranges and leading brands. Established fifteen years ago, we are renowned for our personalised service and our Bridal Boutique. Come in and browse...

Our aim is to make gift shopping a one-stop pleasure trip



T: +27 11 804 5826
F: +27 11 804 5827
E: info@kitchenique.co.za

WOODMEAD RETAIL PARK
Off Woodmead Drive
Woodmead
Johannesburg

KITCHENIQUE

KITCHENWARE & GIFT SPECIALISTS





Pauline Carr

***Pauline Carr** began her catering career on the spur of the moment when someone she knew wanted to give her son a Bar Mitzvah and Pauline offered to do the catering for this small function, the first of many!*

A close and dear friend gave Pauline carte blanche to organize a bigger function and this function launched her catering business, which kept growing. Pauline's son, Philip, showed an interest in the catering business and became involved on the decor side. Together, they catered for and decorated a number of events, including the opening of Sandton City, Hyde Park and the Nelson Mandela Children's Fund.

Throughout her catering career, Pauline also worked as a teacher, as she does currently. Her son, Philip, now lives in Australia and owns a well-known events company there.

Eggplant

2 large eggplants (I salt them and leave them to drain for about an hour)

± 1 cup oil

1 tin tomato

3 cloves garlic

1 small tin tomato paste

½ cup water

Salt, pepper, sugar

Cut unpeeled eggplant into strips. Heat oil, add ½ the eggplant and fry until soft. Remove from pan. Repeat with remaining eggplant.

Heat a little oil in pan. Add tomatoes, garlic, tomato paste and water. Cook for about 10 minutes until sauce thickens. Add eggplant, salt and pepper and cook until nearly soft.

Can be served hot or cold.

Caponata

1 large eggplant

1 Tbsp salt

¼ cup oil

1 onion

2 sticks celery

2 red peppers

400g tin of tomatoes

2 Tbsp brown vinegar

1 Tbsp sugar

Garlic

Black olives

1 Tbsp capers

Salt, pepper

Cut eggplant into cubes. Sprinkle salt, let drain in colander for about an hour. Rinse and dry.

Heat oil, add onion, peppers, sliced celery. Cook over moderate heat for 5 minutes, stirring.

Mash tomatoes, add to pan with vinegar, sugar, garlic and cook for 2 minutes. Add sliced olives and capers.

Simmer, covered on moderate heat for about 15 minutes or until most liquid has evaporated. Season well with salt and pepper.

Best wishes Manty, Brenda, Lexi, Jord & Britt Seligman.

Sweet and Sour Onions

500g small pickling onions
3 Tbsp oil
3 Tbsp white vinegar
1½ Tbsp sugar
4 cloves garlic
1 bay leaf
Salt

Place unpeeled onions in a bowl. Cover with boiling water. Leave to stand for about 10 minutes. Using a sharp knife, peel onions, taking care to leave them intact so that they don't fall apart. Combine oil, vinegar, sugar, cloves and bay leaf in a saucepan.

Add peeled onions, cover and simmer very gently for 20 minutes or until onions are soft and syrupy. Season with salt. May need to add more sugar and vinegar during cooking. Stir often.

Pickled Mushrooms

2 Punnets white mushrooms.

Pour over a bottle of Italian dressing and ½ cup lemon juice.

Leave to marinade.

Cover with chopped Italian parsley.

Roast Peppers

4 - 6 peppers (red only)
1 punnet cherry tomatoes
Tinned anchovy fillets
Garlic
4 Tbsp olive oil
Freshly ground pepper
4 red onions

Cut peppers in half. Remove seeds but leave stalks to keep peppers intact.

Layer peppers in oiled roasting tray. Put tomatoes in a bowl. Pour over boiling water.

Drain and slip off skins. Fill peppers with tomatoes. Chop anchovy fillets into rough pieces and add to tomatoes. Slice garlic thinly and divide the slices evenly amongst tomatoes and anchovies. Spoon some olive oil onto each pepper, season with pepper (NO SALT).

Roast for one hour. Can add mozzarella balls. Fry red onions in oil. Flavour with salt and pepper, sugar and, when nearly cooked, 1–2 Tbsp balsamic vinegar. Top peppers with the onion mixture and juices from the pan. Garnish with basil leaves. Serve with Italian bread for dipping.

Marinated Olives

1kg assorted olives
6 - 8 cloves of garlic
2Tbsp coriander (fresh)
3 chillies
1 Tbsp origanum (fresh)
4 sprigs rosemary
Rind of orange or lemon
Olive oil to cover
Mix ingredients together

Keeps indefinitely

Best wishes from Greg, Lisa, Mika and Jake Solomon.

Rare Roast eg. Scotch Fillet

Coat very thickly with Dijon mustard and wholegrain mustard. Flavour with herbs, garlic salt, Maldon salt, lemon pepper and 1 Tbsp mixed peppercorns.

Around meat put red wine, soya sauce, tomato sauce and leave to marinade for at least 24 hours. Roast to your liking and serve with mustard sauce.

Mustard Sauce

1 cup mayonnaise

1 Tbsp wholegrain mustard

1 Tbsp Dijon mustard

Mix altogether and serve with 2 salads.

Instead of meat, can use a side of Norwegian Salmon.

Tomato and Mozzarella Salad

250g sliced cheese

Fresh basil leaves

8 tomatoes, thinly sliced

Arrange tomatoes and cheese in layers, either in rows or concentric circles, on a serving plate.

Scatter basil leaves over them and just before serving, sprinkle over salt and freshly ground pepper. Drizzle with olive oil.

Lollyto Necklaces wishes you Chag Sameach.

Philip Carr

Born and raised in South Africa, Philip discovered his talent when he began helping his mother with the catering and setting up of her events. Combined with his innate interest in architecture and studies in psychology, Philip acquired his unique creative edge and in 1986 developed Philip Carr & Associates in Australia where he is renowned for turning his clients fantasies into breathtaking realities.

WHETHER DOING A DINNER PARTY FOR 10 OR AN EVENT FOR 500 THE SAME PRINCIPLES HOLD TRUE :

- * Throwing a party is a serious act of responsibility. It's like owning a dog, or having a baby. You really shouldn't have one until you can prove you can look after it and help it look after itself.
- * A party has to have some sort of event, there has to be some risk taking, and some spontaneity for it to be memorable. Be interesting - a party is only a short-lived experience.
- * It's all about the psychology of the party: a party is not about the decorations but rather about how the decorations will translate into a successful party.
- * You must understand how guests will relate to the space where you are having your event, take into consideration what they are going to see, hear and smell at each stage of the evening.
- * Don't use everything you have thought of. Select a few ideas and be generous with those you have chosen. It is better to stick to one focussed theme and explore that theme laterally. Otherwise one ends up with a diluted version of other people's parties.
- * Guests have a short time to absorb all that has taken you months to plan and a short time to enjoy all these special things. You need to think through what you want their first impression to be as this is what gives the evening its momentum.
- * When planning the catering, select the best quality ingredients available at the time, the best olive oils, aged vinegars and sea salts as these will dictate what you serve.
- * As one of my caterer's always says - 'guests who are too drunk or too full are of no use to the party!' Stagger ideas carefully throughout the night. Sometimes a strong cocktail on arrival does not aid the longevity of the guest or the party. Possibly serve the cocktail as an accompaniment to the appetizers. Keep guests a little hungry so that they feel like eating when other food comes out later in the evening.
- * Always have a surprise when the party is over. My company has always tried to give the guest something.... Even after they have "left the party" - morning papers, croissants and jam, choc-chip cookies and milk on exiting the building, jelly beans in their valet car
Limos taking guests home is always a real treat!!
- * Try and think about what your guests would really appreciate - sometimes a big bowl of fun lollies does the trick better than those perfect rich truffles.
- * Finally, if anyone starts to look incredibly attractive or remarkably ugly, it's probably time to leave the party!!!



Raizon Girls

Australia

“We grew up watching, tasting, feeding and experiencing life in our mother’s well loved kitchen.

Food was a catalyst for conversation, an expression of appreciation and a symbol of celebration.

We are self-taught, self confessed ‘foodies’. We think of food with passion and insist that the art of cooking involves a very special ingredient – love – love for food and love for those you invite to your table.”

“Happy cooking!”

Lana & Delia Raizon

Chicken Schnitzel Salad with a Sweet Chilli Dressing

Ingredients

10 chicken tenderloins, crumbed
1 cos lettuce, roughly chopped
1 punnet cherry tomatoes, halved
2 large handfuls sugar snap peas, cut into bite sized pieces
1 red pepper, cut into strips
1 avocado, sliced
2 Lebanese cucumbers, sliced
Fried noodles to garnish
Olive oil spray

Dressing

2 Tbsp sweet chilli sauce
2 Tbsp vegetable oil
2 Tbsp whole egg mayonnaise
1½ Tbsp rice vinegar
2 tsp soya sauce
Tabasco to taste
Salt

Method

Spray pan and cook schnitzels, on both sides, until golden.
Cut into strips and set aside.

Place all salad ingredients on a serving platter.

Add chicken. Whisk dressing ingredients together and drizzle over salad.

Garnish with noodles just before serving.

In loving memory of Margaret Levine.

Spinach and Ricotta Cannelloni

Ingredients

1 tsp olive oil
1 leek, finely sliced
250g box chopped, frozen spinach, thawed and well drained
1 egg, lightly beaten
400g ricotta cheese
16 cannelloni pasta tubes
2 cups Napoli sauce
1 cup grated cheddar cheese
Grated parmesan cheese, to garnish
Salt and pepper to taste

Preheat oven to 200°C

Method

Heat oil in a pan and cook leek until golden.
In a bowl, mix spinach, leek, egg and ricotta.
Season with salt and pepper.
Squeeze mixture into tubes (easier with a piping bag).

Pour half Napoli sauce into an ovenproof dish and spread evenly.
Place tubes into dish and pour over remaining Napoli sauce.
Cover with foil and bake for 45 minutes.

Remove foil, top with cheddar cheese and bake for a further 5 minutes.

Sprinkle with parmesan cheese and grill until golden brown.

With love from Wayne, Dena, Amy & Kelly Samson.

Chicken Satays with Spicy Peanut Sauce

Ingredients

15 chicken tenderloins

Marinade:

¾ tsp ground cumin
¾ tsp ground coriander
1½ tsp turmeric
3 tsp sugar
2 cloves of garlic, crushed
1 ½ tsp grated ginger
1½ Tbsp oil
Salt to taste

Peanut Sauce:

2 tsp oil
2 cloves garlic, crushed
1 tsp grated ginger
½ tsp chilli flakes
1 onion, finely chopped
1 ½ Tbsp brown sugar
1 ½ cups light coconut milk
1 Tbsp soya sauce
1 Tbsp lemon juice
2 tsp fish sauce
½ tsp salt
1 tsp sweet chilli sauce
¾ cup crunchy peanut butter
8 macadamia nuts, crushed
4 Tbsp prepared chicken stock

Method

In a bowl, combine all marinade ingredients and stir to make paste.

Cover chicken pieces with paste and marinate for at least 6 hours.

Soak bamboo skewers for at least 1 hour. Thread chicken onto skewers.

Heat barbecue or grill to high and cook satays for 5-8 minutes on each side, or until cooked through.

Peanut Sauce:

Heat oil and cook garlic, ginger and chilli flakes for 1 minute.

Add onion and cook until glassy.

Slowly add the remaining ingredients and stir over medium heat for 15 minutes, or until sauce thickens.

Serve warm over chicken satays.

With love from Anthony, Ziona Clacher and Family.

Baked Veggie Slice

Ingredients

2 zucchinis, grated
1 medium sweet potato, peeled and grated
1 potato, peeled and grated
1 carrot, peeled and grated
1 onion, grated
1 ½ cups grated cheddar cheese
6 eggs, lightly beaten
310g can creamed corn
1 Tbsp oil
1 cup self raising flour
Salt and pepper to taste
Extra cheese for sprinkling
Olive oil spray

Method

Preheat oven to 180°C.

In a large bowl, combine zucchini, potatoes, carrot and onion.
Add 1½ cups of cheese and mix well.

Add eggs, creamed corn, oil and flour.
Season with salt and pepper.
Mix thoroughly, until well combined.

Spray a large ovenproof dish and fill with mixture.
Sprinkle extra cheese.

Best wishes from Brett, Tia, Ricci-lee and Sascha Hetz.

Mini White Chocolate Cheesecakes

Ingredients

12 chocolate ripple biscuits
250g cream cheese
2 eggs, separated
¼ cup sugar
½ tsp vanilla extract
180g good quality white chocolate
100ml cream, semi-whipped
Icing sugar for dusting
Patty pans

Method

Preheat oven to 180°C.

Line a muffin tin with patty pans.
Place a chocolate ripple biscuit in the base of each patty pan.
Set aside.

In a large bowl, beat cream cheese until smooth.
Add egg yolks, sugar and vanilla.
Mix until well combined.
Place white chocolate into a microwave-proof bowl.
Cook, on medium high, for 1 minute or until melted.
Add to cheese mixture and mix well.

In another bowl, beat egg whites until stiff.
Fold egg whites and cream into cream cheese mixture and pour over each biscuit base.

Bake for 20-25 minutes or until the top is just beginning to brown.
Turn off oven and allow mini cheesecakes to cool, with oven door slightly open.
Remove patty pans.
Sprinkle with icing sugar just before serving.

Best wishes from Lawrence, Jenny, Jeremy , Cliff and Aimee Gobetz.

Snickers and Nutella Ice-cream

Ingredients

3 eggs, separated
¾ cup sweetened condensed milk
½ tsp vanilla extract
½ cup Nutella
300 ml thickened cream, whipped
3 king size Snickers bars, chopped
1 extra king size Snickers bar, chopped for top

Method

Line a 24cm x 12cm loaf tin with cling wrap.
In a bowl, combine egg yolks, condensed milk and vanilla.
Beat for 5 minutes.

Place Nutella into a microwaveproof bowl and heat, on high, for 30 seconds to soften slightly.
Add whipped cream and Nutella to condensed milk mixture and beat for a further 5 minutes.

In a separate bowl, beat egg whites until stiff and fold into mixture.
Gently stir through Snickers pieces.

Pour into a tin and cover with cling wrap.
Freeze overnight.
Remove cling wrap and turn onto a platter.
Sprinkle with extra chopped Snickers.

Happy cooking! From the Visio Capital Management Team.



ENTERTAINING TIPS

- * Have a simple menu designed so that you can prepare most of the dishes beforehand.
- * There's nothing worse than arriving at someone's house, only to have them spend the entire evening in the kitchen.
It sounds obvious, but make sure you spend a considerable amount of time with your guests.
- * Pour guests a glass of good wine when they arrive and don't be shy to ask them to help with food preparation. It sets the party mood and is a good way of breaking the ice.

Source: with thanks to Wakeford & Company

With love from Morrie, Brenda, Joel & Ilan Mulerov.



Reubens Deli

Reuben's
great sandwich

**THE ONLY TRUE
AMERICAN STYLE
DELI IN THIS TOWN!**

**DOUBLE DOGS, BRISKET ON RYE &
RARE ROAST BEEF BEYOND COMPARE!**

26 Post office centre, Rudd Road, Illovo
(011) 268 1234 | (011) 268 0471
Monday, Tuesday, Friday & Saturday...10am-4pm.
Wednesday, Thursday & Sunday...10am - 9pm
reubensillovo@telkomsa.net

A stylized, cartoonish illustration of a sandwich. It's a long, oval-shaped sandwich with a black outline and some shading to give it a 3D appearance. It's positioned at the bottom right of the advertisement.

Reuben's Danish Herring

Ingredients

2 packs 350g herring
1 cup brown sugar
¼ cup oil
½ cup brown vinegar
1 cup white wine vinegar
1 cup tomato puree
1 cup diced Granny Smith apples
1 cup diced onion
1 full tsp. mustard powder
¼ tsp pepper
1 large pickled cucumber - diced

Method

Mix and bottle. Preferable to make the day before to allow to pickle.

Best wishes Gillian Horwitz.

Origin of the word 'kitke'

'Kitke': a braided loaf of white bread, glazed with egg white, very soft and delicate in flavour, a Shabbat and holiday delicacy better known as challah in most parts of the world. It is loved in particular by children for its almost cake-like texture, its plaited top, its crisp crust and its ever so soft inside.

Although the word 'kitke' is said to originate from a Polish word meaning 'twisted', it wasn't used to describe 'challah', the bread used on Shabbat, in Europe in the 1800's. In fact, the twisted challah was mentioned in the Talmud many hundreds of years ago when it was baked for special occasions, including Shabbat. The reason for baking bread this way was to enhance the appearance of the bread on the Shabbat and Yomtov table.

When many Jewish people fled from Eastern Europe because of the pogroms and settled either in South Africa, England, America and what was then called Palestine, the word 'kitke' was not used to refer to challah.

Immigrants arrived in South Africa after the discovery of the Kimberley diamond fields in 1867. Many chose to live in the Transvaal because of the Gold Rush which occurred from 1886 onwards.

Some believe that the word 'kitke' originated with the Koi people. This belief is based on the fact that there were no bakeries in the Transvaal and so all the challahs for Shabbat and Yomtov were baked in private homes. At the time the majority of women had long plaited hair and they could often be seen plaiting the hair of their children. The Koi servants who worked for them then saw the plaits and alluded to their word for 'twist' which is 'kitkoi'. The Koi servants who delivered the challahs to the Jewish homes said they were delivering 'kitkois'. Soon this word became the formal name for challahs and these were eventually known as kitkes.

Others maintain that 'kitke' was a Yiddish word used only in Lithuania where it was used to refer to challah; that is why it is believed by many to be so prevalent to this day among South African Jews.

Still others say that 'kitke' is the name of the baker of the challah who lived in a suburb in Johannesburg! The authenticity of this, however, is questionable.

Whatever the case, when Jewish people visit or live in Israel, Australia, America, England or Canada and ask for kitke, they are immediately identified as South Africans!

Source : with thanks to the Jewish Report

Racheali Miller

Israel

The Ingredients of a Jewish Home

1½ tablespoons of salt : The smallest ingredient in the recipe teaches that necessary criticism of family members must come in small doses. The good of tochan should be to give direction back on the proper path.

5 pounds of flour : This largest ingredient in the recipe represents Avodat Hashem . It is the output of energy needed to make our home a place where the Shichinah can rest. *(Note, using wholewheat flour, that is harder to digest, shows we are not afraid of hard work).

1¼ cups of sugar : emunah and expressive sweetness and warmth.

3 tablespoons of dry yeast : Build the self esteem of your husband and children through sincere compliments. Make sure to express Hachrat Hatov when appropriate.

5¼ to 5½ cups warm water : May your home be filled with the love of learning of Torah

½ to ¾ of a cup of oil : "Anoint" each of your family with oil as was the custom in the days of the kings. As you slowly pour the oil into your hands and pat it into the dough , think about and see the unique qualities and expression of Avodat Hashem of all family members including yourself.

1 Heaped dose of Lichvod Shabbat Kodesh

The Hebrew words for health, briyah and creation, barah share the same root. When involved in the act of creation (kneading our Challah) it is also a time predisposed to daven for health and for those in need of a refuah shleima.

**May Hashem enable our Challah to nourish
the body and soul of all who eat it !!!**

Rochel Goldman

Yields 6 – 8 nice size Challahs

All the blessings of physical abundance come down into the world through the performance of the mitzvah of baking Challah. You shall offer up a loaf (challah) from the first of your dough as a gift (Numbers 15:20).

While sifting the flour, sing, because joy is the foundation of all spiritual success.

Add each ingredient consciously:

- Sugar, for the sweetness you hope to see in your family's life
- Yeast, so that each member of your family will grow & expand
- Water, representing Torah, which flows from a Higher Place to this world
- Flour, for the material blessings Hashem sends our way
- Eggs, for the blessing of life and children
- Salt, represents rebuke – fill two tablespoons, then shake some back into the salt container because we should always give less rebuke than we think we should
- Oil, anoint each member of your family by name, praying for his or her specific needs. Oil also symbolizes the secrets of the Torah, which permeates everything

While kneading, think of people you want to pray for. Whether they are sick, need to find happiness, or need financial assistance. Now is the time to ask Hashem to help them.

3 cubes yeast or 3 packets dried yeast

4 ½ cups lukewarm water

1 ½ cups of sugar

1 cup of oil (preferably Canola)

3 Tbsp of salt

3 eggs

15 – 16 cups of cake flour (slightly less than a 2.5 kg bag of flour)

In a large bowl, dissolve yeast in lukewarm water and add sugar.

Add all ingredients, besides flour and mix well.

Sift flour and add slowly while mixing. Knead mixture well until it has a stiff but smooth consistency. (If sticky, add a bit of oil. Dough rises nicely when oiled on all sides).

Place in a warm spot and cover. Allow dough to rise until it has doubled in size (approximately 4 – 5 hours).

Punch dough down so that there are no air pockets.

Separate a piece of dough and set aside in silver foil to bake and discard. (Bake in oven before baking Challah).

Recite the blessing.

Grease pans or use Bakewell paper. (You can use cookie sheets, oval or rectangular loaf pans).

Divide the dough into pieces and shape into individual loaves.

3-braided or 6-braided Challahs are traditional for Shabbos, round shapes are customary for Yom Tov.

Preheat oven to 180°C.

Glaze Challah with egg (preferably egg yolk and spoonful of water). Sprinkle with poppy seeds or sesame seeds.

Bake for 30 minutes or until browned (small rolls may need less time).

Enjoy!!

My Favourite Challah

(Anonymous)

Ingredients

6 Cups flour

1 cube yeast

2 cups warm water

½ cup sugar

½ cup oil

2 tsp salt

1 ½ eggs (lightly beat 2 eggs and keep a little back for brushing)

Method

Put all ingredients in the mixing bowl and knead with a dough hook until smooth, if mixture is very soft some extra flour can be added \pm 1 cup.

Divide dough in half, cover and leave to rise in a warm place until double in size.

Turn onto floured surface and knead lightly.

Divide each piece of dough into 3 pieces, roll into sausages and plait.

Leave to rise for 15-20 minutes then brush with remaining egg and sprinkle with poppy or sesame seeds.

Bake at 350 for ½ hour or until nicely brown and to test if cooked knock lightly and listen for a hollow sound..

Best wishes from Kenny & Belle Katz & Family.



Sharon Glass

***Sharon** is a self-taught cook who is passionate about food. After running a catering company whilst living in Los Angeles, she returned to South Africa to continue in the catering field as well as establishing a well-known cookery school.*

Her innovative recipes are designed for the busy housewife or business person who wants to cook for his or her own family in the shortest possible time. Sharon follows methods that are simple and easy.

She has published seven highly successful cookery books and she currently has a monthly TV slot.

Her renowned recipes are a delight at any dinner table!

Chopped Smoked Salmon Salad

Serves 4-6

I was recently in Los Angeles and tasted this salad at a restaurant there. I knew I had to recreate it at home, so I did.

Ingredients

1 iceberg lettuce, shredded
1 baby red cabbage, finely shredded
2-3 beetroot, julienned
1 large carrot, julienned
½ red onion, sliced
200g (7 oz) smoked salmon
200g (7 oz) small rosa tomatoes
1 x 410g (14 oz) tin chickpeas, drained
250ml (1 cup) croutons

Method

Toss all the vegetables together.
Then cut salmon into thin strips and dice the rosa tomatoes.
Add the drained chickpeas and toss everything together in a large bowl.
Pour salad dressing over just before serving and then mound on a flat platter.
Sprinkle croutons around the edge of the plate.

SALAD DRESSING

175ml (¾ cup) olive oil
60ml (¼ cup) red wine vinegar
45ml (3 Tbsp) lemon juice
30ml (2 tsp) dry oregano
Pinch of minced garlic
Coarse salt
Black pepper

Whisk all ingredients together and set aside until ready to use.

CHEF'S TIPS

The salmon can be left out and thinly sliced smoked turkey or beef can be substituted.
The salad can be prepared ahead and dressed just before serving.

Best wishes, the Asserman Family.

Penne with Chicken Sauce

Serves 8

Whenever I make this sauce over a bed of penne, my guests finish it off immediately because it's so tasty. Using chicken thighs instead of breasts ensures that it's soft and moist.

1 onion
2 carrots
2 celery stalks
45-60ml (3-4 Tbsp) butter or margarine
15ml (1 Tbsp) olive oil
750g (1.5 lb) deboned chicken thigh fillets
250ml (1 cup) white wine
300g (10.5 oz) rosa tomatoes, chopped
2 x 410g (14 oz) tins chopped tomatoes
4 fresh bay leaves or 2 dry bay leaves
30ml (2 Tbsp) chicken stock powder
Coarse salt
Black pepper
500g (1 lb) penne

Finely chop the onion, carrots, celery in a food processor.

Then in a large pot, sauté them in the butter or margarine with the olive oil until just soft and lightly coloured.

Cut the chicken thighs into small pieces, add to the vegetables and fry until cooked through.

Pour over the wine, bring to a boil, reduce slightly and then add the rosa tomatoes and tinned tomatoes (including the liquid) as well as the bay leaves.

Season the sauce with chicken stock powder to taste.

Stir well to mix everything and then cover and simmer for about 40 minutes or until the chicken is very soft.

Adjust seasoning with salt and pepper.

Boil penne until cooked "al dente".

Drain.

Mound onto a large platter, top with the chicken mixture.

CHEF'S TIP

The chicken mixture can be made ahead and reheated.

Best wishes David, Hazel and Saul Hack.

Lamb Tagine with Honeyed Prunes

Serves 4 - 6

This delicious tender and soft tagine is completed by decorating it with fresh mint and sliced almonds and serving it on a bed of couscous.

2 kg (4.4 lb) lamb shoulder, deboned and cubed

2 medium onions, coarsely grated

10ml (2 tsp) minced garlic

60ml (4 Tbsp) olive oil

Pinch of minced chilli

10ml (2 tsp) ground ginger

10ml (2 tsp) ground cumin

10ml (2 tsp) paprika

Pinch of saffron

2 x 410g (14 oz) tins chopped tomatoes

2 cinnamon sticks

1 bunch coriander, coarsely chopped

20 dried prunes

80ml ($\frac{1}{3}$ cup) honey

Water to cover

Coarse salt

Black pepper

Preheat the oven to 160°C.

Mix the onions, garlic, olive oil, chilli, ginger, cumin, paprika and saffron together.

Coat the lamb with the mixture.

Leave to marinate for at least 2 hours or overnight.

Heat a heavy-bottomed pot.

Add the meat in batches and brown until all the pieces are golden, being careful not to burn the onions.

Return all the meat to the pot with the tomatoes and cinnamon sticks and half of the coriander.

Cover and cook in the middle of the oven for about an hour.

Meanwhile, heat the prunes with the honey and enough water to cover them.

Simmer for 10 minutes or until softened.

Pour over the meat after the first hour, cover the meat again and place back into the oven.

Cook the meat for a further hour or until the meat is softened.

Add extra water if necessary.

Season with salt and pepper to taste.

Sprinkle with remaining coriander just before serving.

CHEF'S TIP:

This dish is even better when made 1-2 days ahead, as it allows the flavours to develop.

Blessings & every success - Don, Rosa Barnett, Wendy & Melany.

Nougatine Torte

Serves 6 - 8

This light and nutty meringue-like cake ends a meal perfectly.

5 egg whites
300ml (1¼ cups) sugar
5ml (1 tsp) vanilla
150g (5 oz) dates
100g (3.5 oz) flour
150g (5 oz) hazelnuts
175g (6 oz) dark chocolate chips

FILLING

250ml (1 cup) cream
30ml (2 Tbsp) coffee

Preheat oven to 140°C.
Line 2 x 26cm (10 inch) springform tins with baking paper.
Spray with non-stick spray.
Chop the dates coarsely and toss them with a little flour to coat. Set aside.
Beat egg whites until stiff.
Add sugar slowly over about 20 minutes until whites are stiff.
Then gently fold in remaining flour, chopped dates, hazelnuts and chocolate chips.
Spread into 2 prepared tins.
Bake for 30 minutes.
Turn oven off and leave to cool for another 30 minutes.
Just before serving, whip the cream with coffee and spread between the layers.
Dust with icing sugar.

CHEF'S TIPS

This torte can be baked ahead and kept in a sealed container for a few days before serving.
Non-dairy cream can be substituted for the cream.
Fill just before serving.

Be'teavon! With love from Errol , Rochelle , Shaun and Jaimee Bayhack.

Gingersnap Cheesecake

Crust

1½ packet ginger nuts

125g unsalted butter, melted

Crush biscuits and mix with melted butter.

Spread ¾ up sides and on bottom of an unsprayed 9 inch or 24-cm springform tin.

Preheat oven to 180°C.

Bake crust on middle rack for about 15 minutes or until set.

Remove and cool.

Filling

3 x Lancewood smooth creamed cottage cheese

1 x crème fraîche

2 Tbsp lemon rind

1 cup cream

1 Tbsp fresh lemon juice

3 Tbsp flour

¾ cup castor sugar

4 eggs, beaten well

3-4 Tbsp Illovo ginger in syrup, finely chopped

Crystallised ginger pieces, chopped (optional)

Gently beat the cream cheese with the crème fraîche. Add the lemon rind, lemon juice, cream and flour. Beat eggs with castor sugar and add to cream cheese mixture. Beat until smooth.

Preheat oven to 180°C. Pour filling into pre-baked shell. Bake for 15 minutes on 180°C and then reduce temperature to 140°C for another 20 minutes.

Dot in the ginger at this point, so that ginger does not sink to the bottom. Continue baking for another 40 minutes on 140°C. Pour topping over cake, then turn oven off and leave in oven for 1 hour.

Sour Cream Topping

2 x 250ml sour creams

3-4 Tbsp castor sugar

1 tsp vanilla essence

Gently stir all 3 ingredients together. Pour over cake.

COOK'S TIP

Refrigerate this cheesecake but remove it about 2 hours before serving to bring it to room temperature.

In loving memory of Joshua and Taryn Hack.



Sharon Lurie

“Cooking with the Kosher Butcher’s Wife”

Sharon Lurie’s passion for food lies solely in the fact that “time out” is time spent in the kitchen! As a kosher butcher’s wife with easy access to a ‘limited supply’ of meat, she has enjoyed many years of experimenting with every cut on the forequarter. As well as distributing her original recipes to customers, she has written food articles for magazines and is a kosher food consultant for various food companies.

Her writing skills go back three generations to her great-grandfather, Abraham Smith, who wrote Jewish biblical plays and books with Jewish themes.

Creamy Chicken and Asparagus Soup

3 chicken breasts, on the bone
2 white onions (chopped)
3 tins white asparagus pieces
3 litres cold water
1 ½ cups non-dairy creamer (I use 3 sachets Orley Whip cook in crème)
2 Tbsp asparagus/chicken soup powder (Telma)
3 Tbsp corn flour

Fry the chicken breasts together with the onions in a soup pot, until brown.
Add water and bring to the boil.
Reduce the heat and allow to simmer for 45 minutes.
Remove chicken breasts from soup and set aside (for toasted chicken mayonnaise!).
Drain all three tins of asparagus, reserving the liquid in a separate bowl.
Combine this liquid with the soup powder, cornflour and non-dairy creamer and mix well.
Place two tins drained asparagus into the chicken soup and start blending it with a hand/immersion blender.
Add the corn flour and non-dairy creamer mixture into the soup and continue blending.
Place the soup back onto the heat and bring to the boil.
Keep stirring with a whisk until it thickens.
Finally add the last tin of asparagus, don't blend it again as you want the soup to have visible pieces of asparagus.
Add crushed black pepper to taste.
When ready to serve, reheat the soup and serve with seeded bread crumbles

Seeded Bread Crumbles

1 health loaf (must be at least 2 days old)
1 tsp onion salt
½ tsp garlic salt
Olive oil spray

Cut off the first slice of bread.
Hollow out the inside of the loaf by crumbling the bread with your fingers.
These should have a chunkier texture than fine breadcrumbs.
Place the crumbles on a baking sheet, sprinkle with garlic and onion salt and then spray with olive oil spray.
Bake at 140°C for about 1 hour.

Best wishes, Mannie, Debra, Daniel and Aaron Witz.

A Panful of Lamb

Slow it down lamb shanks & mustard mash

Long, slow cooking is definitely the quickest option for a delicious meal. Sounds like a contradiction in terms but leaving something to cook on its own couldn't be easier. You can go shopping, out for lunch, fetch the kids and have supper organized by the time you get home!!

4 lamb shanks (knicked in two places)

Because we always panic that we're going to run short, I normally cater 1 whole shank per hungry person. However, 4 should be enough for a family of 6 if it includes a mother and daughter who are "watching themselves!!"

½ cup flour, salt and freshly ground black pepper

2 large onions cut into thin rings

3 carrots, thinly sliced

5 cloves crushed garlic

6 sprigs fresh rosemary

2 cups red wine

1 Tbsp crushed black peppercorns

30ml olive oil

1 x 410g can chopped tomatoes

10ml brown sugar

Pre-heat oven to 140°C or 275°F

Wash and dry each shank, then sprinkle with flour, salt and pepper.

Place a little oil into a frying pan and fry the shanks over medium heat until they are seared to a rich, golden brown colour.

While the shanks are frying, place the onions, garlic, rosemary and carrots into a roasting pan and arrange the seared shanks in a single layer on top of the vegetables.

The roasting dish shouldn't be too large, you want the shanks to just fit with about 2cm between the shanks and the edge of the dish.

Remove shanks from frying pan and place on top of vegetables in roasting dish.

Pour 2 cups of wine into the same pan in which the shanks were frying, bring to the boil, scrape all the brown bits off the bottom and allow to simmer for about 8 – 10 minutes.

This is important as you want to boil the alcohol out of the sauce.

Add tomatoes and sugar to wine, increase heat until it starts to boil, then reduce heat and allow to simmer for about 10 minutes.

Stir every now and then.

Remove from heat and pour over lamb shanks.

Cover meat with tin foil and bake for 2½ hours.

If after this time the liquid has cooked out, add a cup of water and scrape the bottom of the pan, stir well and then baste the lamb with this liquid and continue to cook for another hour.

If there seems to be too much liquid, then remove the lid and allow lamb to continue cooking uncovered until some of the liquid evaporates, about 30 minutes, then re-cover and continue to cook for about 30 minutes.

With best wishes from Diane Wolpert and family.

Mustard Mash

This can even be made the day before!

6 medium potatoes, peeled and diced

2 tsp prepared grainy mustard

125 ml (½ cup non-dairy creamer)

1 Tbsp fresh parsley, chopped

Place the potatoes in a pot of cold water and bring to the boil.
Once the potatoes are soft, strain them, and mash until smooth.
Add the mustard, non-dairy creamer and herbs and mix well.
Serve with lamb shank.

Well done - Heather, Lionel Shapiro & Family.

A Bagful of Beef

I love this recipe because it's all about the bag, from start to finish! The meat marinates in it, cooks in it and holds the sauce around it, keeping it moist, until you are ready to serve it.

2 ½ - 3 kg roll of beef

1 large transparent roasting bag (Glad)

Place the meat into a large roasting bag and prepare the sauce.

Each ingredient in this sauce is there to complement another. So don't be like me and think "aah, I haven't got ginger and horseradish, so I'll leave it out – who'll know?" They probably won't, but sometimes it's that one ingredient that changes the dish from being OK to outstanding!

Combine the following ingredients, mix well and pour over meat in roasting bag. Push air out of bag, then tie a knot at the top and place it in a roasting dish in your fridge to marinate overnight. Turn it over once during the marinating period.

½ cup tomato sauce

¾ cup chutney

1 heaped tsp coffee powder, dissolved in ¾ cup warm water

3 Tbsp onion soup mix powder (Osem/Telma)

1 Tbsp grated fresh ginger/ 1tsp ginger powder

1 Tbsp grated horseradish (can use bottled)

1 tsp crushed garlic

½ cup red wine

⅓ cup oil

Place meat (in roasting bag) into a preheated oven (170°C) and cook for 3 hours. Remember that all ovens are different and so is the shape and size of the meat. However, this weight of meat should be soft by then. If you find the meat is going dark too quickly, you can cover it with tin foil and continue to cook at a slightly lower temperature for a little longer.

After 3 hours, open the cooking bag, very carefully, as the steam that escapes from the bag is very hot. Spoon some sauce over the top of the roast to give it a nice glaze.

If the sauce is too watery then continue to cook (bag open) a little longer, allowing some juice to evaporate and the sauce to thicken up or you may need to add a little more liquid if it's too thick. If the meat is golden brown with sauce that has the consistency of a thick-ish gravy, you've done well!

When ready to serve, carefully slide the roasting bag off the meat and discard it, ensuring that the sauce stays with the meat and doesn't go out with the bag!

Best wishes from Howard, Sharon and Damon Lipschitz.

A Spoonful of Chocolate

200g marshmallows

50g Cardin

250g dark chocolate discs (Staffords) 70% cocoa

1 heaped Tbsp Pralinutta (Chocolate hazelnut spread)

¼ cup boiling water

1 cup non-dairy creamer - firmly beaten

Place all of the above ingredients (except cream) into a pot and melt over low - medium heat on the stove. Once it has melted, set aside to cool slightly. Fold the cooled chocolate mixture into the whipped cream. Refrigerate for a few hours.

I serve mine individually in tiny tea cups and sprinkle them with crystallized sugar, peppermint/honeycomb crunch (Chocolate Tree) or grated chocolate.

They can also be served by the spoonful in a martini glass.

They are quite rich, so a heaped spoonful should do it!

Bon Appetit & best wishes - Pepi & Stuart Tobin & family.



Shelley Bloch “Taigel Deli”

“Food made without love is missing the main ingredient,” says Shelly Bloch, the owner, chief-cook-and bottle-washer of Taigel, a kosher-style deli located in the Thrupps Centre, Illovo, Johannesburg. Shelly’s passion for cooking started with doing cooking demos and a small amount of catering from home some twenty years ago. You could say that the business was founded on (the now famous) cheesecakes and bulkes. About three years ago she decided to quit working from home and looked for retail space to move the business to – the business became too big to cope with at home and needed to grow.

Fresh Green Asparagus Soup

Serves 6

Ingredients

1kg fresh green asparagus

50g butter

1 medium onion, chopped

1 heaped Tbsp flour

1 litre vegetable stock

150ml cream

Salt and freshly ground black pepper

Method

Cut the tough ends off the asparagus and wash well. Put aside about 12 asparagus. Chop the rest of the asparagus into 2,5cm lengths.

Melt the butter in a large saucepan over a low heat and cook the chopped onion for about 5 minutes, keeping the heat low so the onion doesn't brown. Stir the asparagus pieces into the onions. Put the lid on the pot and let it sweat for about 10 minutes, stirring every now and then.

Sprinkle in the tablespoon of flour, stir again and then add the hot stock, a little at a time, stirring after each addition.

When all the stock is in, bring to the boil and season with salt and pepper. Keeping the heat on low let the soup simmer for about 20 – 25 minutes. Remove from the stove and while you wait for it to cool a little, grill (or microwave or steam) the remaining asparagus till cooked through.

Cut these up into 2,5cm pieces. Once cooled, you can process or blend the soup in batches. Pour the blended soup back into the pot and mix in the reserved cooked pieces of asparagus. Taste to check the seasoning.

Finally, stir in the cream.

Note: this soup is also good served chilled.

In loving memory of a wonderful husband and father - Len Bobrow.

Spanish Kingklip

Serves 4-6

Ingredients

1kg kingklip/any white fish, cut into fingers
2 chopped onions
1 green pepper, thinly sliced
2 skinned tomatoes, grated
Black pepper
1 cup water
1 Tbsp lemon juice
3 level Tbsp maizena
Butter/olive oil for frying fish
About ½ tsp crushed garlic
250g button mushrooms, sliced
1 tsp salt
½ tsp paprika
½ cup white wine (optional)
1½ Tbsp chutney
½ cup (1 sachet) Orley Whip or cream

Method

Wash fish and dry well.
Season with salt and fish spice.
Fry gently in the butter, set aside.
In another pan, sauté chopped onions and crushed garlic.
When wilted, add green pepper and fry for a few minutes.
Add tomatoes and simmer for a few minutes, then add the mushrooms and cook till softened.
Season with salt, pepper and paprika to taste.
Add the water, wine (if using), lemon juice and chutney and allow to cook on low for 2 minutes.
Adjust seasoning if necessary.
Mix the maizena to a smooth paste with a little cold water and stir into the mixture.
Stir until the sauce thickens.
Add Orley Whip or cream.
Place the fish in a casserole dish and pour the sauce over it.
Bake covered at 180°C for about 20 minutes.

With gratitude to Hashem for our son Samuel Joe Girnun. With love Trevor and Kerri Girnun.

Fantastic Blender Chocolate Ice-cream (Parev or Dairy)

Doubles well for a nice big quantity

Ingredients

**50ml sugar
100ml water
200g dark chocolate
2 eggs, separated
1 cup cream or Orley Whip**

Method

Combine the sugar and water in a saucepan, stir over a low heat until sugar dissolves. Bring to the boil and cook rapidly for 3 minutes, cool slightly.

Break up the chocolate and place in a blender or magimix, chop quite small. With the motor running, add the slightly cooled syrup and blend until the chocolate is completely smooth and melted.

Add egg yolks, blend for a further few seconds until well combined.

Whisk the egg whites and cream or Orley Whip in separate bowls, then fold them into the chocolate mixture, making sure the mixtures are well combined before pouring into a bowl/ice cream mould for the freezer.

One quantity makes about 750ml of ice cream.

In memory of a special Bobba - Lily Leikin.



Shelley Geffen

SHELLEY GEFFEN CATERING : A BRIEF HISTORY

Shelley Geffen Catering began operating in 1996 from a homely old house in Yeoville, Johannesburg, which was totally dedicated to catering use. Today we have large commercial kitchens in the Student Village complex in Kelvin Road, Bramley. The staff of 2 has grown to 25 full time persons creating delicious, fresh foods of a near-endless variety to clients in Gauteng and beyond, catering at many of the “Five Star” hotels, clubs and beautiful venues in and around Johannesburg. Shelley is the resident caterer at the newly revamped Sydendam hall complex.

The highly regarded team of bakers, chefs, kitchen staff and others are a motivated mixture of professionals – some with 4/5 star hotel and restaurant backgrounds and others of historically disadvantaged origins who are trained by us to our demanding requirements.

SHELLEY GEFFEN - THE PERSON

Shelley Geffen’s friendly professionalism belies the tremendous focus and drive that has helped her kosher catering company to the forefront of the industry....and indeed has forced changes on the entire industry in which she operates. Imaginative and tremendously varied menus allow clients to have their personality and needs perfectly expressed with the well-known Shelley Geffen attention to detail and appropriateness and, of course, superb culinary and presentation skills.

Shelley’s Granny Cohen, who owned the busy Grand National Hotel in Klerksdorp taught Shelley not only the beautiful “traditional” recipes and kitchen skills to be a first class chef but also showed her the direct and positive mindset necessary to run a successful professional kitchen. Her steely leadership has enabled Shelley Geffen Catering to successfully manage projects of every size and degree of difficulty with aplomb.

Shelley trained in graphic design in South Africa, being privileged at times to learn even from Cecil Skotness, as well as a post graduate in art and technology in London. While studying she waited at tables at Cranks Vegetarian Restaurant too. Her love for quality, fresh food that both looks and tastes superb is more than understandable.

Asian Cabbage and Papino Salad

Dressing

Chopped chillies to taste
Garlic to taste
15 ml finely chopped lime zest
15 ml fresh lime juice
30 ml light soy sauce
15 ml garlic avo oil
15 ml sugar

Salad

2 small green papayas, julienned
12-14 cherry tomatoes, halved
4 shredded cabbage leaves
Crushed, salted peanuts
Fresh mint leaves to garnish

For the dressing:

Crush the chillies and garlic in a mortar with a few of the cherry tomato halves from the salad. Add the lime zest, lime juice, soy sauce and sugar.

For the salad:

Place the papaya and remaining cherry tomato halves on top in a mixing bowl with the shredded cabbage. Pour the dressing over and toss to mix.

Smoked Salmon Timbale

Makes 10 – 15

½ kg sliced smoked salmon
2 cups shredded, drained tuna
1 packet smoked salmon off-cuts (125 grams)
½ to ¾ cups mayonnaise
Chopped pickled cucumbers
Chopped parsley
Salt & pepper to taste
Juice of ½ to 1 lemon
Moulds or polystyrene cups – cut into ½

Line moulds or poly cups with cling film.

Line moulds with slices of smoked salmon.

Mix tuna & smoked salmon off-cuts with mayonnaise, chopped pickled cucumber, chopped parsley, salt, pepper and lemon juice.

Place in blender or food processor.

Pulse till mixture is smooth like a mousse.

Fill your lined moulds with this mixture.

Close the bottom with the cling film.

Refrigerate till needed.

To Unmould:

Turn mould over & slip out salmon timbale and unpeel clingfilm.

Decorate with lettuce.

Can be served with mustard dill sauce.

Cranberry Brisket

Ingredients

± 2 kgs fresh brisket
Salt & pepper
1 x tin cranberry jelly or apricot jam
1 cup onion soup mix
2 cups red wine
Bay leaves

Method

Make a pocket with tin foil and line a roasting pan with the pocket.
Place brisket in the centre.
Mix all ingredients and pour over brisket.
Bake 150°C - 180°C- depending on your oven, for 4 hours.
Remove from pan.
Reserve the gravy.
Carve and serve with gravy.

Or

Allow to cool.
Slice.
Pour over cool sauce.
Refrigerate or freeze until ready to heat and serve.

Mango Salsa

Delicious with brisket

Fresh mangoes, cut into cubes
Syrup
Lemon juice
Chillies
Red onions
Mint

Mix all together - serve with fish, meat or chicken.

Hot Chocolate Souffle Pudding

Ingredients

6 eggs, separated
2 Tbsp castor sugar
500 g dark chocolate
2 cups Orley Whip or Riches Whip

Method

Melt chocolate in a double boiler.
Whisk egg whites till stiff.
Whisk Orley Whip (or Riches Whip) till stiff and fold together with egg whites.
Beat egg yolks & sugar till creamy.
Add chocolate to the mixture.
Fold together with egg whites & cream.
To every cup of mixture, add 1 Tbsp flour.
Fold into mixture.
Place in paper moulds or ramekins.
Bake at 180°C for 10 – 15 minutes.
Serve hot from the oven.
Pudding should be springy to the touch but soft and runny inside.

Bon Appetit & best wishes Estelle, David Taitz & Family.



Shirley Meyercowitz

Israel

Shirley Meyercowitz has been baking since the age of six! Self-taught, she loved baking with her family when growing up in Mayfair, Johannesburg, where she lived most of her life.

Shirley worked for Dan Perkins for 18 years and organized and catered parties, Bar Mitzvahs, Bat Mitzvah's, brises and weddings for him. Living in Glenhazel, she also did catering from home and when the business got too big and out of control, she bought the Bagel Nosh in Louis Botha Avenue – for R 5 000!!! The Bagel Nosh became Shirley's Deli & Bakery & Caterers and it grew, clients included EL AL, the QE2, the Carlton Hotel, Stan 'n Pete and a number of shuls.

Shirley has been living in Natanya, Israel, for the last 17 years, where she owns Shirley's Deli and prepares a variety of Shabbes meals, making soup, beef perogen, lots of salads of her own invention and desserts.

Beet, Apple and Carrot Salad: Salad for Slimmers!

4 peeled carrots
2 apples
1 peeled beet (boiled)
1 Tbsp oil
Juice of 1 fresh lemon
1 Tbsp of honey
1 handful of cranberries

Cut vegetables into sticks and mix all the ingredients.

Health Salad

Boil one cup of wholewheat pasta until soft and crunchy (drain well)

Add: ½ tin of canned peaches
 2 celery sticks
 1 small red pepper
 1 small green pepper
 ½ cup of raisins
 ½ cup of walnuts, chopped up (not fine)

Add all ingredients together

Sauce: ¼ cup peach juice
 2 Tbsp chutney
 1 Tbsp apricot jam
 2 tsp curry powder, not heaped

Mix altogether

Best wishes from Mikheal, Steffan and Sacha Adler.

Pesach Supper

Charoset

½ cup ground almonds
1 Tbsp sugar
1 cup grated apple
½ tsp cinnamon
4 Tbsp Pesach wine

Combine the above ingredients and add wine to make a paste.

Horseradish

2 or 3 pieces of horseradish root
Vinegar
Sugar if desired

Soak horseradish in cold water overnight.
Clean and cut in food processor.
Add vinegar and sugar, to taste.
Put in a tightly closed container.

Kneidlach

2 eggs
2 Tbsp Debra's chicken fat
Salt and sugar to taste
Matzo meal

Beat eggs well, add fat and seasonings and beat with fork.
Add a little matzo meal and mix, adding more until a soft mixture.
Boil water in a pot and add salt.
Make small balls and boil with lid closed for 20 minutes.

Best wishes Gary, Fi, Lexi, Jade, Kaylee & Jordan Cahn.

Gefilte Fish

Ingredients

1 kilo fish (line and stock mixed)
Heads and bones
3 or 4 medium carrots
1 sliced onion
1 whole onion
1 tsp sugar
Salt
1 egg
½ to 1 cup water
2 – 3 Tbsp matzo meal

Method

Mince fish with 1 carrot and 1 sliced onion, fried in oil.
Add oil, matzo meal, sugar and salt (start with one tablespoon and add more if necessary).
Add egg and a little water, mix very well, taste and add more salt if needed and ensure it is a soft consistency but not watery.
Fill ⅓ of a large pot of water.
Add heads and bones and 1 tablespoon salt and boil for one hour.
Then add 2 or 3 sliced carrots and 1 sliced onion.
Add sugar and salt to taste.
Add ¼ teaspoon egg yellow, to get a light yellow colour.
Make your fish balls and place one at a time in simmering water.
Close lid and boil slowly for 1 to 1 ½ hours.
Allow to cool completely before removing balls to a serving dish.
Place carrot on each ball. Strain gravy and pour over balls.
Place in fridge.

With love from Jack and Inez Brouze.

Tzimmes

Ingredients

2 Tbsp syrup
3 Tbsp matzo meal
4 lbs of fresh brisket
3 bunches of carrots
A few potatoes
A few prunes

Method

Clean carrots and slice. In a big pot, boil carrots and brisket. Cut in pieces, add salt.

Boil for 4 hours.

Add more water to prevent burning.

When the meat is soft, strain the stock.

Mash carrots with salt, 2 tablespoons sugar and 2 tablespoons syrup, if you require sweeter, add more sugar and 3 tablespoons matzo meal and some stock to make a nice soft consistency.

Place meat, potato and soft kneidlach (if desired) and prunes in ovenproof dish.

Pour mashed carrots over meat mixture and bake at 150°C in oven till brown.

Roast Chicken

Clean and season chicken with salt, pepper, chicken spice and paprika.

Place the chicken in roasting pan with 1 onion sliced, 2 sliced carrots, 1 tomato and a little water.

Roast in 180°C oven for 1½ hours.

Turn every half hour to brown.

Kol Hakavod ! Lauren and Jade Frame.

Compote

Ingredients

1 kilo mixed fruit salad
Juice of 2 oranges
Sugar to taste

Method

Place fruit salad in pot.
Cover with water and add orange juice and sugar.
Simmer till tender.
Chill.

Imbelach

Ingredients

12 cups grated carrots
6 cups of sugar
1 lemon, juice and rind
2 oranges, juice and rind
1 Tbsp ginger or more

Method

Place carrots and sugar in a pot and boil until most of the liquid boils away.
Stir to avoid burning.
Add juices and rind of lemon and oranges to boil.
Test by making a spoonful of the mixture on a saucer and let cool.
If mixture holds firmly, add ginger and mix well.
Wet a pastry board with water and pour mixture onto it.
Smooth down with a knife into a square slab about 2cm thick.
Allow to dry and cut into small diamond shapes.

Bon Appetit, from Siggy and Zelma Meinstein.

Poppy Seed Cake

Ingredients

3 cups flour
1 tsp salt
1 ½ tsp baking soda
2 tsp baking powder
2 ½ cups sugar
3 eggs
1 ½ cups of oil
1 ½ tsp vanilla flavouring
2 cups poppy seed filling
1 cup whipping milk
1 cup chopped nuts

Method

Beat eggs, oil and sugar well, then add other ingredients alternately.
Mix on medium speed for two minutes.
Turn into a greased and floured 10inch tube pan and bake for approx one hour in two loaf pans.

Parev Chocolate Pudding

250g parev chocolate
4 eggs, separated
2 packets of Orley Whip (one box)
1 Tbsp castor sugar
1 heaped Tbsp sugar
1 tsp vanilla

Melt chocolate in double boiler.
Beat egg yolks with sugar and add melted chocolate.
Then beat white stiffly.
Beat Orley Whip with castor sugar and vanilla essence.
Fold all three mixtures together.
Place in pudding bowl and then in fridge to set.
Decorate with beaten Orley Whip and grated chocolate.

Chopped Liver

Ingredients

250g chicken liver
2 onions
2 hard boiled eggs
Debra fat (2 tablespoons)
Salt and pepper
A few Tbsp of chicken soup

Method

Bake liver till blood is drawn out.
Fry sliced onion and lightly fry livers.
Mince liver, onion and boiled eggs together.
Add fat, salt and pepper and then add the chicken soup to make a smooth paté.
Spread on plate to decorate.

Cabbage Salad

Ingredients

4 sticks of celery
1 medium cabbage
4 cloves of garlic
1 large onion
Coarse salt
½ cup vinegar
½ cup oil

Method

Chop onion and garlic, shred cabbage and celery.
Place in a basin.
Add 1 tablespoon coarse salt, add vinegar and oil.
Toss well and place in a salad bowl.

Best wishes to JWB - Ian & Dorothy Bloch.

Roast Turkey

Ingredients

6 kilo turkey
2 cups tomato juice
1 cup sherry
1 dessert spoon paprika
2 dessert spoon salt
½ tsp black pepper
2 whole carrots, cut lengthwise
4 sticks celery
6 cups water

Method

Place the turkey in a large roasting pan.
Stuff it with carrots and celery.
Mix all other ingredients and pour over turkey.
Bake at 180°C for 3 to 4 hours.
Turn the turkey every half hour.
The skin will be crispy but meat will be moist.

Lokshen Kugel

Ingredients

1 packet of lokshen or noodles
3 Tbsp sugar
4 eggs
Salt and pepper to taste
4 Tbsp oil
¼ cup water

Method

Boil noodles in water, salt and 1 tablespoon oil.

Wash off in cold water and set aside.

Heat sugar in a small saucepan, brown it in oil over a low flame for 2 - 3 minutes.

Watch carefully so that it does not burn, as soon as the sugar becomes a caramel colour, add the water.

It will get hard, boil on low flame for a couple of minutes until it gets syrupy.

Add this syrup to noodles, mixing well and coating all the noodles.

In a separate saucepan, heat 4 tablespoons of oil and whilst hot, add to noodles. Mix in and add the 4 eggs and seasonings.

Pour mixture into an oiled pyrex dish.

Bake in oven for 1 hour at 180°C.

Chopped Herring

Ingredients

2 herrings (soaked 24 hours, skinned and deboned)
½ onion
2 medium apples
2 hard boiled eggs
4 marie biscuits, soaked in a little vinegar
1 tsp sugar (or more)
Vinegar to taste

Method

Mince altogether with apples, onion, boiled eggs, marie biscuits.

Add seasoning to taste, be careful with vinegar, as mixture becomes too mushy.

Add more sugar if necessary.

Spread out on a shallow platter.

Decorate with grated boiled eggs.

Honey Cake

Ingredients

3 eggs
1 cup honey
1 cup sugar
1 cup warm coffee
½ cup oil
2 tsp baking powder
2 tsp bicarb (baking soda)
2¾ cups flour
½ tsp all spice
1 tsp cinnamon
1 tsp ginger
1 tsp ground cloves

Method

Beat eggs and honey together.
Add sugar and mix again.
Mix bicarb with coffee and add with oil to egg mixture.
Add remaining ingredients and beat together well.
Bake in chiffon or tube pan at 160°C for 55 minutes.

Best wishes from Julian, Glenda, Jason, Sean and Jordan Brener.

Shabbos Supper Challah

Ingredients

2 cakes of yeast

3 eggs

¼ cup of sugar

7 cups flour

2½ to 3 glasses of luke warm water

1½ Tbsp salt

3½ cups oil

Method

Cream together the yeast, sugar and salt.

In a large bowl, sift flour, make a well in the centre and add oil, eggs, water and a yeast mixture.

Mix together with a wooden spoon until dough is formed.

Knead with your fingers for 5 minutes.

Leave to rise, covered in a warm place for 2 hours.

Knead again and form into kitke shapes on a floured board.

Put onto oiled baking sheet.

Leave to rise for one hour.

Paint with beaten egg, sprinkle with poppy seeds.

Bake at 180°C for 45 minutes.

Richel

Ingredients

4 eggs

¾ cups sugar

¾ cup oil

500 g self-raising flour

Method

Beat eggs, sugar and oil well together.

Add flour gradually, to make a soft dough.

Roll out as thin as possible.

Brush with oil and sprinkle with sugar.

Cut with round cutter and place on wire cake cooler.

Bake in a very hot oven 220°C for a few minutes until golden brown.

With Love from John and Rochelle Ralston.



Simply Southern

“With a Dash of Kosher Soul”

United States of America

Memphis’ Jewish community has been on the American Jewish map for over one hundred years and the Margolin Hebrew Academy has been educating students since 1949. In the small Jewish communities that have dotted the South for centuries - from Georgia to Louisiana, the Carolinas to Tennessee - these two legendary traditions of hospitality and home cooking have come together as one.

Anyone who has ever had the pleasure of visiting Memphis knows of its Southern hospitality. Entertaining is more than just an obligation; it is an art form and a way to bring people together. All new neighbours are greeted with a freshly baked treat and every simcha or special occasion is catered by community hosts. The community wanted to find a way to share their passion for food and entertaining, while supporting the Margolin Hebrew Academy and as a result, produced a recipe book. The recipes are the products of a community, whose greatest joy is to entertain and whose greatest fear is that someone might go unfed.

World Famous Granola

This recipe was such a family secret. It was given to a family friend for a high school graduation gift. Kept a secret for many years , it has finally been released for publishing.

7 cups quick oats	1½ cups dry roasted peanuts
1 ½ cups packed brown sugar	1 cup almonds
7 cups crunch oat bran cereal	1 cup vegetable oil
1 ½ cups wheat germ	1 cup honey
1 (7oz) packet shredded coconut	1 Tbs vanilla
⅔ cup sunflower seeds	2 cups raisins
	1½ cups dates (optional)

Place oats on a large ungreased roasting pan. Bake at 180°C for 10 mins.

Combine oats, brown sugar, cereal, wheat germ, coconut, sunflower seeds, peanuts and almonds. In a separate bowl, blend oil, honey and vanilla.

Pour sauce over dry ingredients and toss to coat well. Bake at 180°C for 30-35 minutes, stirring often. Add raisins and dates during the last 10 mins of baking. Cool and stir until crumbly.

Yield: 15 to 20 servings

Cranberry Pie

A great side dish, but when you add a scoop of ice cream, it is a terrific sweet-and –tart dessert!

Filling

1 (28g/ 2 level Tbs) packet cranberries	¼ cup packed light brown sugar
½ cup chopped walnuts	½ tsp cinnamon
¼ cup sugar	1 (23 cm) frozen pie shell

Filling: Combine cranberries, walnuts, sugar, brown sugar and cinnamon. Spoon mixture into pie shell.

Topppping

1 egg	4 Tbs margarine, softened	1/3 cup sugar
3 Tbs all- purpose flour		

Topping: Whip together egg, sugar, margarine and flour until smooth. Spread over filling. Bake at 200°C for 20 minutes. Reduce temperature to 180°C. Bake an additional 30 minutes.

Yield: 8 servings

Reprinted with permission from *Simply Southern with a Dash of Kosher Soul*, published by Wimmer Cookbooks © 2009.

Corn Chowder

Puréed corn creates creaminess

1 Tbsp vegetable oil
2 cups chopped onion
8 cans whole kernel corn, divided
6 cups chicken broth (stock)
1 cup diced sweet red pepper

1 tsp dried rosemary
1 tsp dried thyme
¼ tsp pepper
Cayenne pepper to taste
2 Tbsp chopped basil

Heat oil in a large stockpot. Sauté onion for 5 mins or until translucent. Add 5 cans of corn and sauté for an additional 5 mins. Pour in 4 cups chicken broth (stock). Cook for 30mins. Purée soup in batches in a blender until smooth.

Return to pot. Add red pepper, rosemary, thyme, pepper, cayenne, remaining 3 cans corn and 2 cups chicken broth. Cook and stir over low heat for 20 minutes.

Stir in basil. Be careful not to scorch bottom.

Serves 8-10

May use fresh corn to get that off-the-cob flavour.

Potatoes and Artichokes

A marinade of capers and artichokes

impart a subtle tang to the golden browned potatoes.

6-8 potatoes, sliced
1 medium onion, coarsely chopped
2 Tbsp capers
2 (6oz) jars marinated artichoke hearts

2 Tbsp olive oil
Seasoned salt and coarsely ground black pepper
2 Tbsp chopped parsley

Preheat oven to 200°C. Scatter potato and onion in a greased 13x9x2-inch baking dish. Top with capers and artichokes with marinade. Drizzle with oil. Sprinkle with salt and pepper. Bake at 200°C for 30 minutes. Top with parsley. Reduce heat to 120°C. Cover and bake for 1½ hours.

Pickled Sweet and Sour Salmon

3 kg salmon, filleted
(a side of a whole salmon)

2 onions, sliced
¼ cup vinegar

MARINADE

2 cups vinegar
2 cups sugar

1 ½ cups ketchup

Place salmon in a glass dish with water to cover and ¼ cup vinegar. Poach salmon in a 200°C oven for 15 – 20 minutes. Mix marinade in a separate bowl. Put a layer of onions over and under poached salmon and pour marinade over the salmon. Cover tightly and refrigerate for 2 – 3 days. Will keep for up to 10 days or more.

Note: You may add pickling spices to water in the poaching process, or add to the marinade.

Reprinted with permission from *Simply Southern with a Dash of Kosher Soul*, published by Wimmer Cookbooks © 2009.

Harvest Chicken

1 onion, sliced	½ tsp nutmeg
1.5kg chicken, cut up. Season to taste	1 cup dried prunes
500g butternut squash, peeled and cut up	½ cup orange juice

Method

Place onion in bottom of a pan. Put chicken in pan and season. Add squash; season with nutmeg. Add prunes. Pour orange juice all over and cover well. Bake at 180°C for 1-1 ½ hours. Freezes well.

Mississippi Mud Brownies

Brownies

1 cup chopped pecans	½ cup unsweetened cocoa powder
2 sticks butter or margarine	4 large eggs
1 (4oz) semi-sweet chocolate baking bar, chopped	1 tsp vanilla
2 cups sugar	¾ tsp salt
1 ½ cups all purpose flour	1(7oz) jar marshmallow fluff

Preheat oven to 180°C. Place pecans in a single layer in a shallow pan. Bake for 8-10 minutes until toasted and fragrant. Place butter or margarine and chocolate in a large glass bowl. Microwave on high power for 1 minute, stirring at 30 second intervals or until smooth. Whisk in sugar, flour, cocoa, eggs, vanilla and salt. Pour batter into greased 15x10x 1-inch pan. Bake at 180°C for 20 mins. Remove from oven and spread marshmallow fluff on top.

Chocolate Frosting

1 stick butter or margarine (125g butter)	1 (160z) package powdered sugar
⅓ cup milk or soyamilk	1 tsp vanilla
¼ cup unsweetened cocoa powder	

Melt butter and margarine in a saucepan. Whisk in milk and cocoa. Bring to the boil, whisking constantly. Remove from heat. Gradually add powdered sugar, stirring until smooth. Stir in vanilla. Immediately drizzle frosting over warm brownies. Sprinkle with toasted pecans.

Yield: 16 servings

Reprinted with permission from *Simply Southern with a Dash of Kosher Soul*, published by Wimmer Cookbooks © 2009.



Stan & Pete

It's no secret that since 1975, Stan & Pete have been synonymous with the finest and most prestigious Jewish celebrations in South Africa.

What's more, with each of the thousands of functions we've created, our specialist menus have evolved.

So you'll find the freshest, most sought after ingredients to create an unprecedented kosher culinary experience, no matter what the function. That's because we're always borrowing from the four corners of the globe to offer the most fashionable, trend setting menus of our times.

It's been this uncompromising yet innovative philosophy that has kept us unquestionably ahead of our competitors. Forget what you thought a menu should be. If you can think it, we can create it.

Whether your function is an elegant sit-down affair, a lighter, high-paced snack ensemble, an engagement, Barmitzvah, wedding or bris, you have over eight hundred menu combinations to choose from!

No limitations. No hassles. No compromises.

Thai Chicken Salad

Ingredients

1 roasted chicken, cold and shredded
1 Chinese cabbage – washed and sliced
1 red pepper, julienned
1 yellow pepper, julienned
250 g fried cashew nuts
2 Tbsp fresh coriander, chopped
2 Tbsp mint, chopped
Sprouts for decoration

Dressing

6 Tbsp lime juice
¼ cup chilli oil
⅓ cup vegetable oil
⅓ cup sesame oil
4 tsp sugar
2 Tbsp grated fresh ginger
3 cloves garlic
1 tsp salt
2 tsp chopped lemon grass

Method

For Salad – place all ingredients on a platter.

For Dressing – liquidize all ingredients and pour over just before serving.

Decorate with sprouts.

Tel: 011 728 7668 Fax: 011 728 8099

E-mail: info@stanandpete.co.za www.stanandpete.co.za



Kosher catering doesn't get any better



STAN & PETE

Potato Gnocchi

Ingredients

1/8 tsp nutmeg
5½ cups mashed potatoes
1 tsp salt or as desired
¾ cup flour or more
White pepper to taste
5 egg yolks
1/3 cup olive oil

Method

Using uncooked potatoes, boil them, unpeeled in salted water until soft. Drain.
Peel potatoes when cool and purée them through a food mill or potato ricer while still warm.
Do not use a blender or food processor for this because it excites the gluten in the potato and makes a sticky mess.
Place potatoes in a mixing bowl and add yolks and mix.
Add nutmeg, salt, pepper and ¾ cup of flour.
Knead together and add extra flour if necessary, bit by bit, kneading until a slightly sticky consistency is attained.
Lightly dust a work surface with flour and form dough into sausage-like rolls (about thickness of your thumb).
Cut into pieces, about 1 inch in length.
Using a fork, flatten the pieces so that the tines leave an imprint in the gnocchi. (Keep a glass of water nearby to clean the fork).
Fill a 3-quart pot with salted water and bring to the boil. Drop the gnocchi into water, about 16 at a time. (They will sink to the bottom, but will rise to the surface after a minute or so).
Continue to cook for another 15 seconds. Remove immediately with a slotted spoon to a colander.
Sprinkle with a little olive oil and mix gently. Transfer to a heated platter.
Continue until all the gnocchi are cooked.
Serve the gnocchi ungarnished, as a side accompaniment to roast meat or poultry or with a Napolitano sauce.

Best wishes Dennis and Bev Cohen.

Ayam- Lemak

(Chicken thighs in curried coconut sauce and roti bread)

Ingredients

1 kg deboned chicken thighs, cut into small pieces
100 g homemade curry paste
2 tins coconut cream
½ litre non-dairy cream
2 onions, sliced
Olive oil for frying
Tomato wedges from 3 medium ripe tomatoes
Chillies, green and red
Fresh coriander for garnish
Salt and pepper
Fresh roti, shaped into cones

Method

Rub chicken pieces with curry paste and seal in a hot pan with some olive oil until golden brown.
Remove from pan and set aside.
In same pan, sauté sliced onions until soft. Add curry paste and fry for 3 minutes on low heat. Be careful not to burn the curry paste.
Add coconut cream and non-dairy cream and reduce by $\frac{1}{3}$ or until it begins to thicken.
Adjust seasoning if necessary, add some more curry paste.
Add chicken pieces and cook for a further 10 minutes. Adjust seasoning.
Serve in a soup bowl, garnish with tomato wedges, deep fried red and green chillies and fresh coriander leaves.

Curry Paste

2 large roots ginger
3 sprigs of lemon grass
10 cloves garlic
6 coriander stems
1 Tbsp paprika
1 Tbsp turmeric
1 Tbsp curry powder
Optional – lime leaves, curry leaves, chilli, tomato paste

Method

Blend all ingredients together in the magimix to a smooth paste, ready to be used.
Serve with roti bread, shaped into a cone

Best wishes to JWB - Samson & Phyllis Hyman.

Coffee Cream Log

Ingredients

500 ml non-dairy cream
250 ml icing sugar
55 ml instant coffee
25 ml boiling water
20 ml vanilla essence
80 ml castor sugar
200 ml non-dairy milk (can use Orley Whip)
12.5 ml whisky
20 ml Kahlua or coffee liqueur
Approx 2 x 125 g packets of finger biscuits
3 x 100 g bar peanut brittle, crushed

Method

Beat cream until stiff. Add icing sugar and beat again.
Dissolve 40 ml coffee in boiling water, add vanilla and castor sugar. Mix.
Add coffee mixture to cream. Beat and set aside.
Dissolve remaining coffee powder in milk mixture. Add coffee and liqueur.
Dip each biscuit into this mixture and place in a 10 x 23cm loaf tin lined with wax paper.
Cover with a layer of coffee cream mixture.
Sprinkle cream with a third of the crushed peanut brittle. Repeat the sequence of biscuits, cream and peanut brittle twice more.
Reserve a little coffee cream for decoration. Cover and refrigerate until needed.
Invert onto a platter and remove wax paper. Cover sides and top with remaining coffee cream.
Sprinkle top with peanut brittle and press the rest onto the sides with the palms of your hand.
You can substitute the parev cream with fresh cream.

Stan Shmukler

Alternative definitions to some of the words contained in our English - Yiddish glossary,
from Stan Shmukler:

Latkes

A pancake-like structure not to be confused with anything the House of Pancakes would put out. In a latka, the oil is in the pancake. It is made with potatoes, onions, eggs and matzo meal. Latkas can be eaten with apple sauce but NEVER with maple syrup. There is a rumor that in the time of the Maccabees they lit a latka by mistake and it burned for eight days. What is certain is you will have heart burn for the same amount of time. It's a GOOD thing.

Matzoh

The Egyptians' revenge for leaving slavery. It consists of a simple mix of flour and water - no eggs or flavor at all. When made well, it could actually taste like cardboard. Its redeeming value is that it does fill you up and stays with you for a long time. However, it is recommended that you eat a few prunes soon after.

Blintzes

Not to be confused with the German war machine. Can you imagine the N.J. Post 1939 headlines: "Germans drop tons of cheese and blueberry blintzes over Poland - shortage of sour cream expected." Basically this is the Jewish answer to crepe Suzette.

Kreplach

It sounds worse than it tastes. There is a Rabbinical debate on its origins. One Rabbi claims it began when a fortune cookie fell into his chicken soup. The other claims it started in an Italian restaurant. Either way it can be soft, hard, or soggy and the amount of meat inside depends on whether it is your mother or your mother-in-law who cooked it.

Cholent

This combination of noxious gases had been the secret weapon of Jews for centuries. The unique combination of beans, barley, potatoes, and bones or meat is meant to stick to your ribs and anything else it comes into contact with. At a fancy Mexican restaurant (kosher of course) I once heard this comment from a youngster who had just had his first taste of Mexican fried beans: "What! Do they serve leftover cholent here too?!" My wife once tried something unusual for guests: She made cholent burgers for Sunday night supper. The guests never came back.

Gefilte Fish

A few years ago, I had problems with my filter in my fish pond and a few of them got rather stuck and mangled. My son (5 years old) looked at them and commented "Is that why we call it 'Ge Filtered Fish'?" Originally, it was a carp stuffed with a minced fish and vegetable mixture. Today it usually comprises of small fish balls eaten with horse radish ("chrain") which is judged on its relative strength in bringing tears to your eyes at 100 paces.

Bagels

How can we finish without the quintessential Jewish Food, the bagel? Like most foods, there are legends surrounding the bagel although I don't know any. There have been persistent rumors that the inventors of the bagel were the Norwegians who couldn't get anyone to buy smoked lox. Think about it: Can you picture yourself eating lox on white bread? Rye? A cracker? Naaa. They looked for something hard and almost indigestible which could take the spread of cream cheese and which doesn't take up too much room on the plate. And why the hole? The truth is that many philosophers believe the hole is the essence and the dough is only there for emphasis.

Wishing the Benevolent continued success in the amazing work they do - Colin, Lara, Helena, Ariel, Aaron and Sarah Kahanovitz.

YIDDISH to ENGLISH

YIDDISH: a wonderfully expressive language allowing one to express themselves in words that often don't need an explanation for the listener to know *exactly* what they mean!

Following is a glossary of some **YIDDISH** terminology relating to food!

Bagel - a roll with a hole in the middle, hard and glazed on the outside, soft (one hopes) in the centre.

Bissel - a very small amount.

Blintz - pancake filled with cottage cheese (or strawberries, cherries, blackberries, potatoes, apples, peaches) and fried to a crisp golden brown. Usually covered with sour cream, brown sugar, honey or jam.

Borscht - beetroot soup, served hot or cold (delicious!), often with a dab of sour cream (superb!), sometimes with tiny new potatoes and sometimes with cucumber slices.

Bubbeleh - term of endearment or a delicious fluffy pancake, a Passover treat!

Challah - plaited loaf used mainly on Shabbat, delicious. On holidays it may be kneaded into other shapes: circular, ladderlike etc.

Cholent - meat stew cooked overnight.

Chrayn - delicious hot red horseraddish sauce used to accompany fish.

Deli - abbreviated form of delicatessen where cooked meat, fish, relishes, salads and cheeses are sold.

Farfel - tiny noodles.

Flayshedik - kosher meat dishes.

Fliegel - chicken wing.

Forspeise - starter or appetizer.

Fress – eat a lot.

Gedempte – slowly cooked.

Gefilte fish - a dish made using a variety of chopped fish mixed with eggs, salt, lots of onions and pepper and sometimes with sugar. Can be boiled or fried.

Glatt kosher – strictly kosher.

Halva - a sweet made from honey and sesame seeds.

Homentash/hamentash - the sweet pastry stuffed with prune jam or poppy seeds, eaten to celebrate Purim. The name means “Haman’s pocket”, after the hideous Haman who wanted to murder all the Jews in Persia.

Kashrut – dietary laws.

Kichel - a biscuit.

Kiddush – blessing recited over wine or bread on Shabbat or at a festival.

Kneidlach - Matzo balls.

Knish - baked roll filled with potato or meat.

Kreplach - a dumpling, like Italian ravioli, usually filled with chopped meat or cheese & usually served with soup. Kreplach are a much loved delicacy, traditionally eaten on Purim, Rosh Hashanah and the day before Yom Kippur.

Kugel - noodle or potato pudding.

Latke - potato pancake.

Lechayim - a toast to life, the Jewish counterpart to England's "cheers", Sweden's "Skoal", Spain's "Salud".

Lokshen - noodles.

Lox - smoked salmon.

Matzo - unleavened bread.

Matzo-brie - matzo mixed with bread to make an omelette.

Milchik - dairy foods.

Nosh - a snack, anything eaten between meals & presumably in small quantity.

Nosher - one who eats between meals; one who has a sweet tooth.

Parev - foods containing no dairy products.

Pletzel - A thin, flat roll garnished with poppy seeds or onion .

Polkeh - Chicken drumstick.

Seder - the meal we eat on the first & second night of Pesach.

Shissel - a cooking pot.

Shmaltz - Excessive sentimentality or chicken fat used in frying or as a spread.

Shmear - to spread.

Shnapps - liquor.

Simcha - a joyous occasion.

Smetana - a type of sour cream.

Tzimmes - a stew of slowly cooked vegetables or fruit, cooked over very low heat. Also, the overcomplication of a relatively simple situation: a state of confusion.

Worsht - salami.

**Just like a recipe, Yiddish is composed of a variety of ingredients:
a cup of German, a cup of Hebrew, a tablespoon of Romanian, a
teaspoon of Slavic & a sprinkling of English & French!**



Susan Greig

***Susan** holds classes once a month at Miele's Bryanston Showroom. Susan's philosophy is fresh and, above all, simple.*

"If cooking is complicated, you'll never enjoy making it or the end product," says Susan. "I pride myself on structuring my cooking classes around seasonal produce. Fresh is best. Quick and easy dishes reign. Making mistakes is part of the process - cooking should be real and unaffected and most of all fun."

Best of all, Susan's classes are entertaining with her outrageous sense of humour and her tips go beyond recipes - to serving and presentation, which she believes are key to food's eye appeal. "Food should be a delight to the visual senses, which are evoked before the other senses kick in," adds Susan.

Al fresco entertaining is Susan's signature style, which mirrors her casual, bubbly personality and the absolute joy she has for food. You miss these classes and you will miss out!

Green Bean, Asparagus and Feta Salad

Ingredients

Fine green beans
Frozen petit pois peas
Mange tout
Sugar snap peas
Asparagus
Feta cheese, crumbled
Flat leaved parsley, roughly chopped

DRESSING

½ cup olive oil
1 tsp sugar
½ tsp salt
2 tsp Dijon mustard
2 Tbsp red wine vinegar
½ garlic clove, crushed

Method

Blanch all the peas and beans and refresh under cold water, so that they stay green.
Mix dressing ingredients and pour over salad and garnish with parsley and feta.

Bon Appetit! Love Debbie, Cecil & Kelli Noach.

Herb Crusted Salmon with Potato and Cucumber Wasabi Salad

SERVES 8

1 cup dry bread crumbs
4 tsp fresh origanum
4 tsp fresh rosemary
4 tsp fresh parsley
2 tsp lemon rind, grated
2 garlic cloves, minced
Salt & black pepper
A side of Norwegian smoked salmon

SALAD

New potatoes
Ribbons of cucumber
Chives
Wasabi mayonnaise
Sour cream
Seasoning

Combine the first 7 ingredients and lightly coat each side of salmon with salt and sunflower oil and dredge both sides with bread crumb mixture.

Place on baking tray and roast in 180°C oven for 15 minutes or until cooked to your liking.

For the salad, boil the new potatoes in salt water, cut the cucumber into ribbons with a vegetable peeler. Mix the wasabi, sour cream and chives and combine with the potatoes and cucumber and place around the roasted salmon.

Lettuce Wedges with a Dill Mustard Dressing

Serves 8

Ingredients

1 Tbsp Dijon mustard
1 egg yolk
1tsp honey
1 cup Sunflower oil
2 Tbsp lemon juice
1/3 cup water
1 Tbsp dill
1 baby Cos lettuce, rinsed and quartered

Method

Whisk mustard, egg yolk and honey in a magimix until combined.
Gradually add oil in a thin stream until thick, then add juice, water and dill.
Serve the dressing with the wedges of the Cos lettuce.

Mushroom, Rocket and Pecorino Salad

Serves 4

Ingredients

300g mixed wild mushrooms

1l water

Grated zest & juice of 2 large lemons

Pinch sea salt

Extra-virgin olive oil, for drizzling

Small handful of flat-leaf parsley leaves, roughly chopped

2 cloves garlic, finely chopped

½ fresh long red chilli, finely chopped

2 big handfuls of rocket

Sea salt and black pepper

Pecorino, for shaving

Lemon wedges, to serve

Method

Wipe the mushrooms with a clean cloth and chop.

Place the water, lemon juice and a pinch of salt in a saucepan and bring to the boil. Plunge the mushrooms into the water and cook for 3-4 minutes.

Place 2 tbsp olive oil, lemon zest, parsley, garlic and chilli in a large mixing bowl.

Drain the mushrooms and add them to the bowl, then toss to coat.

Place the rocket in the mixing bowl and dress with a little more olive oil, season with salt & pepper and scatter over the mushrooms.

Shave some pecorino over the top and serve with lemon wedges.

With best wishes from Jonny and Sue Blou and family.

Chicken Venezia

Serves 10 – 12

Ingredients

4 kgs chicken pieces
1 head garlic, peeled and finely pureed
¼ cup dry oregano
Salt and black pepper to taste
½ cup red wine vinegar
½ cup olive oil
1 cup pitted prunes
½ cup pitted green olives
½ cup capers with a bit of juice
6 bay leaves
1 cup brown sugar
1 cup white wine
¼ cup parsley or coriander, finely chopped

Method

In a large bowl, combine the chicken, garlic, oregano, pepper, salt, vinegar, olive oil, prunes, olives, capers & juice and bay leaves and leave to marinate in the fridge overnight.

Preheat oven to 180°C and place the chicken in a baking dish (or 2). Spoon over marinade and sprinkle with brown sugar and pour over wine. Bake for an hour, basting frequently. When you have checked that the chicken is cooked, then transfer to a serving platter and serve at room temp if you like.

In loving memory of Gunther Seligman, a wonderful husband, father & grandfather.

meat.etc



MEAT TO PLEASE YOU!

Meat.etc is a boutique butchery and retail outlet in The Firs Shopping Centre, directly opposite The Grillhouse Rosebank. Now lovers of The Grillhouse flavour can take away and replicate their Grillhouse dining experience in the comfort of their own homes.

Our products range from The Grillhouse's famous aged cut steaks, boerewors and biltong, to its bastings, spices, sauces and oils. Not to mention Grillhouse branded paraphernalia and souvenirs, crockery and braai equipment. Our in-house caterer and butcher will be on site to discuss private functions and offer expert advice and new recipe ideas. Pop in for a cappuccino and designer sandwich while you customise your recipe book with us





Tamara LePine-Williams

Tamara LePine-Williams is chef/owner of Salle a Manger, a catering company based in Johannesburg. She is also owner of Café Speke at Circa on Jellicoe Art Gallery and their exclusive caterer for all functions.

Canapé

Parmesan Crisps with Fresh Salsa

Ingredients

Grana Padano Parmesan, finely grated
Ripe tomatoes, skinned, deseeded and finely chopped
Peeled cucumber, deseeded & finely chopped
Spring onions, finely chopped
Avocado (not too ripe), finely chopped
Basil leaves, finely chopped at last minute or basil pesto
Salt and pepper

Method

Place parmesan cheese in circles on a metal baking tray (can use small ring for size guide).
Make sure that the cheese is in a single layer as it all needs to melt.
Set grill on high and place baking tray underneath.
Watch carefully until they start to brown.
Take the tray out and leave to 'set' for a few minutes and remove with a spatula. At this point you can leave them flat or shape them over a rolling pin to form a shape.
(These will keep well in an air tight container in the fridge for a few days).
Add all the salsa ingredients together at the last minute, as the tomato continues to 'weep' juice.
Pop a teaspoon of salsa onto the crisp and top with basil pesto if using.
Sprinkle with finely grated parmesan over the whole serving, then plate.

Best wishes, Jerrold Leigh.

Chicken, Corn and Ginger Soup

(serves 6)

Ingredients

1 Tbsp vegetable oil
½ cup finely sliced spring onions
1 Tbsp finely diced ginger
2 large cans sweet corn kernels (or 6 fresh corn cobs – remove kernels with sharp knife)
200g egg noodles
1 litre chicken stock or water
1 Tbsp rice vinegar
1 tsp salt & sugar with a dash white pepper
2 Tbsp soy sauce
2 finely sliced chicken breasts

To serve: 2 Tbsp sliced spring onions, coriander sprigs and dash of sesame oil

Method

Pour boiling water over egg noodles and leave for 15 minutes.
Cut with scissors to finger lengths.
Heat the oil in a large saucepan over medium heat.
Add spring onions and ginger and stir fry for 1 minute.
Add corn and continue stirring for another minute.
Pour in stock or water and bring to boil.
Season with rice vinegar, pepper, sugar, salt and soy sauce.
Simmer for a further 5 minutes, add chicken and noodles and simmer for a further 2 minutes.
To serve: ladle into bowls and sprinkle with spring onions, coriander and a few drops of sesame oil.
Quick and healthy.

With best wishes, Leigh and Shari.

Trout Feuilletes

(Serves 8)

Scale down for a starter or delicious as a main course.

Can be prepared a day in advance – uncooked and covered in plastic.

Ingredients

500 – 600g puff pastry
8 smoked trout (deboned and filleted)
1 egg white
150ml cream
½ tsp dill or Dijon mustard
½ tsp dry mustard
Pinch nutmeg
¼ tsp white pepper
½ cup breadcrumbs

Sauce

300 ml white wine
100 ml martini
250 ml cream

Method

Cut off the ends of the trout fillets to form a rectangle.

Put off-cuts of fish in food processor, or mash with a fork.

Chop quickly, so that it is still coarse looking.

Add ¼ of the cream.

Add egg white, breadcrumbs, mustards, nutmeg, pepper and remaining cream. Do not over mix.

Roll out pastry and cut into 2 strips to fit fish rectangles, - approx 8 cms wide by 40cms long.

Spoon mixture onto one strip of pastry.

Lay cut fish on top.

Cover with second pastry strip.

Decorate with pastry leaves or pastry fishes using a wine glass and brush with egg glaze (egg yolk and milk).

Bake in preset oven at 200°C for 30 minutes, until pastry is cooked.

Make sauce by reducing wine and martini by half, by boiling on the stove.

Add cream and reduce again.

Watch carefully to see that it does not reduce too much.

Add chopped dill and parsley. Season.

Pour 2 Tbsp sauce onto plate.

Place pastry in middle and serve.

This page sponsored by Harold, Carol, Josh and Jayme Cesman.

Strawberry Confit with Basil Ice - Cream

(Serves 8)

Basil is a sweet, fragrant herb that lends itself beautifully to ice-creams and fruit. You can pour a little good extra virgin olive oil over the ice cream. Unusual, but it works!

Ingredients

Ice Cream:

400 ml cream
600 ml milk
300g sugar
9 egg yolks
2 bunches basil

Sauce:

500ml liquid from cooked strawberries
2 tsp cornflour, diluted with 2 Tbsp cold water
2 kg fresh strawberries
600g sugar
1 large peel from orange rind

Method

Remove leaves from one bunch of basil, chop finely and keep on plate in the fridge.

Place stems plus rest of basil in a saucepan with the milk and scald.

Cream egg yolks and sugar together until smooth and white.

Strain basil from pot and pour the hot milk into the egg/sugar mixture.

Put this back in pot on low heat and keep stirring until thickens enough to coat the back of a spoon.

Remove from heat and keep stirring until cool.

When mixture is cold, pour into ice-cream maker with the cream.

Churn until ice-cream, add basil and deep freeze.

Place strawberries in large pot with sugar and orange peel.

Bring to the boil, then reduce heat and simmer for five minutes.

Discard orange peel and remove strawberries.

Whisk cornflour into 500ml of the remaining syrup

Serve 2 scoops of ice-cream, divide strawberries between the 8 bowls, pour over the sauce and garnish with a leaf of basil.

Best wishes from the Hosiassohn's.

Otto De Jager

Otto's passion is creativity! So from inception, his visions are a cut above the rest. His intrinsic ability to comprehend a client's needs sets him apart from the herd which is truly evident in his unequivocal attention to detail.

The Art of Entertaining

To ensure perfect entertaining it must be understood that no one element is more important than another. For example, the menu and the quality of recipe can be of the highest calibre but if presented on inferior porcelain or a table setting without charm, then all effort put solely into the food is gone to waste. In short..."God is in the detail" - Mies van der Rohe -

Basic Infrastructure

Like anything else in life, the basics need to be of the highest calibre. A chair can either make or break a table setting. By now we all know that the functionality of a chair cover is to hide a badly designed chair. A better looking chair can be added to increase the look and feel of your event.

A tablecloth should always be full length with at least a 5cm hem line, and the weight of the fabric should rest on the floor surface giving it a luxurious over proportioned look and feel. Entertaining is a sensory experience and the look and feel of a tablecloth without a conscious knowing contributes hugely to the success of entertaining. So does a table lining. And then there is the napkin... By considering the correct proportion of a napkin, which should be 60x60cm, the look and feel will be that of luxury.

Décor

Consider the end result that you wish to achieve but always remember functionality. Functionality is the beauty of something directly proportional to its practical value. Décor should be understated, elegant and original at all times. Create your own style, as nothing is either right or wrong. As a basis to your interpretation always consider the intrinsic beauty of any flower and then consider how to highlight this beauty by putting it in the right vase or within the right context. Concentrate on quality rather than quantity.

Attention to Bathrooms

A bathroom always reflects as to what secretly happens in the kitchen and elsewhere in the home. Thus a scented candle, beautiful soaps, a fresh flower and individual hand-towels is essential for your guests.

Lighting

An interior principle is one third down-lighting, one third table lighting and one third up-lighting. If this is done correctly it creates the perfect atmosphere.

Entertainment

Nothing is more irritating than having noise pollution in the background. It should be quiet and not disruptive to conversation which is the primary focus as to why people gather to entertain. All technical equipment should be done in a surreptitious manner and should essentially not be seen by the naked eye.

Food / Food Presentation

It has often been said "food that is prepared with love always tastes better". Wholesome preparation and presentation is key. Carefully consider all serving dishes. All garnish should be edible.

Beverages

Always ensure you select your wine or champagne first and then pair the food to enhance the bouquet of the above. It is not necessary to be formal and authoritative about changing beverage with each food course unless the occasion merits this attention to detail.

Company

Ultimately the most important consideration when having considered all the of above, is the company. I firmly believe in surrounding oneself with love and friendship. Attention needs to go into the planning of the guest list, bearing in mind personal histories, past conflicts, religious and cultural elements as the worst mistake one can make is to invite opposing forces who will invariably bring hostility to the intimacy of your table.



'Tashas'

Tashas Pot pie

What's great about pot pies is that they are easy to make and you can experiment with different fillings. We make ours fresh on order and they are quick and easy to prepare even though we make the filling from scratch. As the order from the customer is placed, we begin the process, we serve the pies with french fries that are great for dunking & we also like to cover the entire pot with pastry so that there's lots left over to eat with the filling. Presentation is everything so choose a deep mini pot, put your chips in something interesting. Serve with a good glass of white wine or a Grolsh beer, or an ice cold beer or Guinness.

Ingredients

Chicken breast- 300g (to be cut into bite size cubes) 2 large fillets
Button mushrooms - 250g (raw, cut roughly)
Chives - 6 stems (chopped finely)
Spring onion - 1 spring onion (chopped finely)
Thyme, dry - 4 pinches
White wine - 40ml
Salt & ground black pepper to taste
Cake flour - a pinch (and I mean a pinch)
Butter- small cube
Puff pastry-cut to fit & cover pie, leaving an edge around the bottom
Egg - one egg (beaten)
Olive oil
Cream 150ml

Method

You will need a medium sized pan. Add a little oil and butter to the pan and make sure it's hot. Season chicken with chicken stock, salt and black pepper.

First add your chicken pieces, cook these until soft, cook through but don't brown, then add your spring onion, mushroom and chives and sauté these.

Allow flavours to infuse, add your white wine, make sure that the wine cooks long enough to burn the alcohol, at the same time add a block of butter that has been covered in flour. This will thicken the sauce, finally add your cream, salt & pepper to taste and allow to thicken. The colour of your sauce should be golden and creamy, with a thick texture. Place the pie mixture into your pots. Allow to stand for a few minutes. Cut your pastry and brush lightly with beaten egg mixture on both sides, so it can stick to the sides of the ceramic pot and place on top of the pot. Press down the edges with a fork to seal, then glaze with egg on both sides. Place in the oven at 180°C until the pastry is golden brown.

Best wishes Janys, Stephani & Gregg Finn.



Thelma Gluch

“My cooking and baking started when I was a young girl. After I got married, I lived in Klerksdorp and had an opportunity to edit the cookery book brought out by the Klerksdorp Hebrew Nursery School. I am also a cake decorator and was a member of the South African Cake Decorators Guild for many years. I baked Barmitzvah, Batmitzvah and Wedding cakes under the supervision of the Beth Din, as well as baking for home industries and other shops. I also catered for many charitable functions. I have had the opportunity to learn from many top South African and French chefs and chocolatiers, both here and overseas. I am happy to share my recipes and add value to this wonderful initiative.”

Almond Bread (Parev)

3 egg whites
125 g castor sugar
10 ml vanilla
125 g flour
80 g flaked almonds
25 g red glace cherries, cut in half
20 g glace ginger, sliced or more almonds

In a bowl, beat the egg whites to a stiff peak.
Add castor sugar gradually, then the vanilla.
Slowly add the flour and beat well.
Fold in the nuts and fruits by hand.
Neatly line a tin with baking paper that has been cut to fit the bottom.
Grease the tin and paper with butter or vegetable fat or oil.
Pour in the mixture.
Bake in a preheated 180°C oven for 50 minutes.
The size of the tin is roughly 22cm x 9 cm in the inside.
Remove cake when cool and wrap in foil overnight.
Using a very sharp knife, cut into thin slices.
Place onto a baking tray and dry out slightly for about 1 hour in a preheated 100°C oven.
Best in a thermo fan oven.
This is a parev slice to serve after dinner or with coffee.

Amaretti Biscuits

440 ml ground almonds
250 ml castor sugar
2 egg whites
5 ml vanilla

In a bowl, beat the egg whites till a stiff peak and slowly add the castor sugar. Fold the almonds, using a rubber spatula, into the meringue with the vanilla. Spoon onto an exopat or Teflon baking paper or just ordinary baking paper. If using ordinary baking paper, lightly grease with vegetable fat or butter or oil and bake in a preheated oven at 120°C for 20 minutes.
If you have the skill, place mixture into a piping bag without a nozzle and press out even blobs onto the exopat, allowing space for biscuits to rise and expand. This makes it look more professional.
This is a parev recipe.

Makes about 30 biscuits.

Best Scottish Shortbread

250 g unsalted butter
125 g castor sugar
60 g rice flour
250 g flour

Cut the butter into small pieces into a bowl.
Mix the castor sugar, rice flour and flour into a bowl.
Rub in the butter, using your fingers until it forms crumbs (this can also be mixed in the food processor).
Combine the ingredients well and knead.
Press into a tin about 23 cm x 18 cm neatly lined and greased.
Draw lines on the top of the dough using a fork.
Sprinkle with a little castor sugar.
Bake in a preheated 180°C oven for approximately 30 minutes.
Cool slightly and using a sharp knife, cut into fingers.

Makes about 16 fingers.

With love Rodney, Leigh, Matt & Gabi Brouze.

Ginger Nuts

225 g butter
250 ml sugar
2 eggs
250 ml syrup
5 x 250 ml flour
10 ml baking soda
10 ml ginger
125 ml – 250 ml raisins
(2 pieces of glazed ginger
cut up can be added)

Cream butter and sugar in a mixing bowl of the electric mixer till light and fluffy and then add the eggs, one at a time.

As soon as the mixture is well blended, add the syrup from a cup that has been oiled and then fold in the dry ingredients, ensuring that there are no lumps.

The dough must be manageable so that one can roll out equal size balls. Should the dough be too soft, either add a small amount of flour or refrigerate for a short while to let the dough firm up so the dough can be more pliable. Be careful, as adding too much flour will make it heavy.

Roll into equal size balls about 2cm wide. Dip balls into sugar on the top.

Place on a greased and lined baking sheet with Teflon paper or an exopat.

Press balls down slightly with palm of the hand to half the thickness and the balls can be about 6 cm in diameter.

Makes about 32 balls.

Bake in a preheated 200° C oven for 12 – 15 minutes until firm on the top.

Do not over bake and burn as they harden as they cool.

Cool on a biscuit rack.

Raisin Squares

DOUGH

625 ml cake flour
250 ml castor sugar
10 ml baking powder
250 g butter
1 egg, whisked
15 ml syrup
5 ml vanilla
125 g raisins

ICING

500 ml icing sugar
50 ml warm water
2.5 ml vanilla

Place the flour, sugar, baking powder and cut up butter into the bowl of the food processor and mix until fine breadcrumbs.

Add the egg, syrup, and vanilla and mix well.

Place dough into another bowl and add the raisins.

Press mixture into a well-greased and lined baking tray about 34 cm x 22 cm and bake in a preheated 180° oven for 20 to 30 minutes.

Do not burn and dry out.

Should the oven be too hot, lower the heat, as it should be like shortbread dough.

Allow to cool and then ice.

When the icing is hard cut into squares or bars that are not too small.

To assist you, you can always use a ruler to measure straight lines.

ICING

Combine the icing sugar with the warm water, adding it very slowly not to make the mixture too runny.

Using all the water is not necessary.

Add vanilla.

Pour over baked biscuit dough and spread.

Grated walnuts or something else may be added to give it another variation on the icing.

Makes approximately 24 squares.

Biscotti

Ingredients

500 ml flour
300 ml castor sugar or less
10 ml baking powder
Zest of 1 - 2 lemons
3 eggs, lightly beaten
50 g sultanas
50 g cherries
50 g dates, chopped
75 g shelled pistachios
50 g whole almonds
50 g shelled hazelnuts
Grated rind of 1 lemon

Instead of some of the nuts, use glacé pineapple or apricots

Method

Combine in a bowl the flour, castor sugar and baking powder with the zest.

In another bowl, beat the eggs well.

Add half the egg mixture to the flour mixture and mix well, then add the rest of the egg and combine to form dough. More egg may be needed, but do not make the dough too wet. The dough should be slightly sticky. Fold in the fruit and nuts.

Sprinkle flour onto a rolling board and then using well floured hands, carefully place dough onto board and pat mixture into a few sausages, being careful not to make too wide as the mixture spreads in baking.

Using a lifter, carefully place the sausages on a baking tray that has an exopat placed on it, or a non-stick Teflon paper and bake in a pre-heated 180°C oven for 15-20 minutes till light brown.

Remove from the exopat and cool. Cut biscotti into slices at an angle.

Place biscotti on the baking tray, the inside of the biscuit on the top and bake in the preheated 100° C oven for a further 15 minutes to dry slightly.

Turn over and bake for a further 15 minutes.

Thermo fan ovens work very well for this drying out process.

Be careful not to dry out the biscotti too much as being in a tin also dries them out.

Betay Avon! From the Nathan Family.

Chocolate Brownies

Ingredients

300 g dark chocolate (use good quality 70 % or Bourneville)
170 g butter
250 g sugar
3 eggs
5 ml vanilla
125 g flour
100 g chopped pecans
(15 ml cocoa optional)

ICING

200 g dark chocolate, good quality (I use 70 % or Bourneville dark chocolate)
20 g butter
Decorate with grated chocolate or finely chopped nuts

Method

Melt chocolate in a glass bowl in the microwave for 2 minutes or over a double boiler till runny.
Do not let hot water touch the bowl if using a double boiler.
Be careful that water does not get into the chocolate.
Cream butter and sugar in a bowl and add eggs, one at a time beating thoroughly.
Add chocolate and vanilla to the mixture and fold in the sifted flour, cocoa and the nuts.
Pour the mixture into a greased and lined (about 34 cm by 22 cm) baking tin and bake in a preheated 180°C oven for 25 or 30 minutes.
They should be moist.
I always cut out and line the bottom of the tin neatly with Teflon paper or baking paper and grease either with butter or tin glide, which is a kosher vegetable fat.

ICING

Melt the chocolate in a glass bowl in the microwave for 2 minutes or over a double boiler and when melting, add the butter and combine till smooth.
Spread over the cool brownies and leave to set.
Just before mixture hardens too much, cut into squares.
To assist you, you can always use a ruler to cut straight lines.
Makes 24 cut up brownies.

Warmest wishes from Selwyn, Robyn, Ethan, Hannah & Gabriel Kahlberg.

THE GRILLHOUSE

ROSEBANK | SANDTON



THE GRILLHOUSE - SOUTH AFRICA'S PREMIUM STEAKHOUSE

The Grillhouse, established in 1995, is one of South Africa's premium steakhouses, offering discerning diners a combination of choice meals, a bustling club-like ambience, attentive service and a unique selection of fine wines and malts. In 2008 the much-loved Rosebank Grillhouse acquired a sibling an equally upmarket establishment in Sandton – and today both are regular mealtime destinations for local and international businessmen as well as being family favourites. With their art deco furnishings and subtle lighting, reminiscent of the classic New York grillhouse, the two restaurants would hold their own in any city in the world. The décor cleverly combines raw face brick, black leather seating and a generous portion of fine timber to create a warm earthy feel.

Remind yourself why you work so hard!

288

ROSEBANK RESERVATIONS / 011 880 3945 SANDTON RESERVATIONS / 011 783 6132

W W W . T H E G R I L L H O U S E . C O . Z A



The Grillhouse - Rosebank

The Grillhouse of Rosebank Beef ribs.

The secret to any great meat dish is the quality and freshness of the meat used. Particularly, meat on the bone can be tricky, so it is imperative that you purchase the ribs from a reputable and trusted supplier. The strict adherence of the cold chain will make all the difference to the final product.

For 6 to 8 people.

Purchase 4 to 5 racks (about 6 kg's) of raw beef ribs.

Boil the ribs in a large pot of water with pickling spice for about 45 minutes.

Test if they are ready by pushing the meat off the bone. If it separates relatively easily from the bone it is ready to be grilled.

For best results allow the ribs to cool before grilling.

BASTING

We use a basting as opposed to a marinade for our ribs. The difference is that the ribs are not left for a period of time to soak in the marinade, but rather are dipped into the basting 3 or 4 times during the grilling procedure.

Approximately 2 litres of basting would be sufficient for this quantity of ribs.

To cook the rib basting is quite a complicated procedure involving many ingredients. We suggest you just pop into The Grillhouse and buy a container of our ready to go basting. If you insist on preparing it yourself – here goes:

For 1 litre of basting:

- 200 ml soya sauce
- 100 ml worcestershire sauce
- 50 ml brown vinegar
- 50 ml lemon juice
- 2 teaspoons of tabasco sauce
- 100 ml orange juice
- 100 ml coke a cola

Add all of the above in a pot and bring to the boil.

Add

- 200 ml tomato sauce
- 2 Tbl BBQ sauce
- 2 Tbl mild mustard
- 2 Tbl piccalilli

Allow to boil.

Add

- 200 gr brown sugar
- 200 ml red wine

Allow to boil and whisk it down about 8 times to reduce and reach a relatively thick consistency. Allow to cool.

GRILLING THE RIBS: Grill the ribs on an open flame, turning regularly so as not to burn them. Allow them to cook long enough so as to be relatively crispy. Dip the ribs 3 to 4 times during the grilling process.

Remove and eat – with your hands!

Best wishes Cheryl, Myer, Haylee & Jarred Pincus .

Angela day Help Line - The Star

Elinor Storkey

Baking powder:

To test if baking powder is active, place 2,5ml in 125ml water and if it is active it will fizz.

To make 15ml baking powder: Mix 10ml cream of tartar with 5ml bicarbonate of soda.

Biscuits:

To keep biscuits crisp, keep two sugar lumps in the biscuit tin.

The sugar absorbs the moisture.

Butter:

In American recipes 1 stick of butter = 125g.

Calories:

1 calorie is equal to 4,2 kilojoules.

Copha:

An oil obtained from the coconut palm – not available in South Africa. Substitute with a hard white margarine, Holsum or Parava.

Crisp Roast Potatoes:

Roast potatoes will be crisper if you dredge them with a little flour halfway through their roasting time.

Curry Too Hot:

Stir in a little natural yoghurt just before serving. Don't let the mixture boil.

Eggs:

Turn eggs over into the water while they are boiling, this will keep the yolks in place in the middle of the whites.

If an egg floats in water it's bad and should be thrown away. If it goes to the bottom of the bowl of water, then it is fresh.

An average sized egg = 60ml

1 egg white = 30ml

1 egg yolk = 30ml

Flour:

To make self-raising flour, add 5ml baking powder to every 250ml flour called for in the recipe.

Fruitcakes:

Add a slice of apple to the tin when storing fruit cake. It will keep it moist.

Gelatine:

1 packet of gelatine is equal to 15ml. 15ml of gelatine will set 500ml liquid.

1 leaf of gelatine is equal to 2ml. 25ml gelatine is equal to 15g.

Ice-Cream:

1 litre of ice-cream for 10 people (allowing a scoop per person).

Ice-Cubes:

Spray ice cubes with a little soda water before storing them in plastic bags.

Old Packaging:

1 packet of citric acid = 15g = 20ml.

1 packet of bicarbonate of soda = 15g = 20ml.

1 packet of borax = 15g = 20ml.

Pectin:

To set jam: Powdered pectin: 10-15ml powdered pectin to every 500g jam.

Mix pectin with a little cold water and add to boiling jam. Mix well.

Liquid pectin: Add 60ml liquid pectin to every 500g jam.

Bring the jam slowly to the boil and add liquid pectin, mixing well.

Rice:

1g of raw rice = 2,5g when cooked; 250ml of rice = 200g.

When catering allow 50g uncooked weighed per person.

Salty Soup:

Too salty soup can sometimes be improved if you add a little sugar or add a few raw potatoes – they will absorb the salt.

Sour Cream:

To sour cream, add 15ml lemon juice to each 250ml of fresh cream.

Sour Milk:

To sour milk, add 15ml vinegar to every 300ml fresh milk.

Vanilla Sugar:

Make your own vanilla-flavoured sugar by storing castor sugar in a jar with a vanilla pod.

Yeast:

Instant dry yeast is available in 10g sachets. Unopened, it has a shelf life of at least 18 months and can be stored at room temperature.

Once opened, it must be used immediately.

It is not necessary to rehydrate instant yeast.

One sachet instant dry yeast (10g) = 15ml.

Fresh cube yeast is available in 25g cubes.

These cubes should be kept in an airtight container in the refrigerator.

Fresh cube yeast can only be kept for 2-3 weeks. Do not freeze cube yeast.

Active dried yeast is available in 10g and 20g sachets, and 125g tins.

Yeast is a living organism and should be used fairly quickly to prevent deterioration.

Once the seal on the tins has been broken, ensure that the plastic lid is replaced properly and the yeast stored in the refrigerator.

10g Instant Dry Yeast = 25g Fresh Cube Yeast = 10g Active Dried Yeast.

ALTITUDE BAKING

When using recipes at a high altitude that have been tested at sea level or low altitudes, they need:

1. Less baking powder: Reduce by 1-2ml per 5ml called for.
2. Less sugar: Decrease by 15-30ml per 250ml called for.
3. More liquid: Add 15-30ml per 250ml called for.
4. More flour: Add 15ml per 250ml called for.
5. Higher baking temperature: Increase by 10°C.

Note: Reverse instructions if using a recipe at sea level that has been tested at high altitude.

With love from Rodney, Lorraine, Jonathan and David Kaplan.

Recipe Index

Starters

Page

Antipasta salad – Estelle Sacherowitz	106
Asparagus and beans with almonds & cranberries – Bev Cohen & Heather Gluckman	46
Baked tortilla cake – Franjelica's	128
Caprese tart – June Edelmuth	168
Charoset – (Passover) – Shirley Meyerowitz	247
Chopped liver – Evita Bezuidenhout	113
Chopped liver – Shirley Meyerowitz	252
Crepes with mushroom and coriander – Brad Pass	52
Horseradish – Shirley Meyerowitz	247
Latkes – Alexander's Deli	20
Marinated artichokes with spicy cilantro mayo – Ellenor Sacks	102
Mushroom and walnut triangles – Delores Fouché	86
Parmesan crisps with fresh salsa – Tamara LePine-Williams	276
Peppadew crusted salmon pate – Feast	121
Phyllo appetizer delights – Michael and Ghita Block	192
Phyllo tomato tart – Hilary Biller	144
Quick tuna & mushroom hors d'oeuvre – Gloria Rootshtain	136
Roast vegetable and ricotta quiche – Anna Montali	36
Smoked salmon timbale – Shelley Geffen	242
Snoek pie – Jenny Diner	160
Spinach and salmon roulade – Avron Almeleh	42
Tomato tart – Brenda Steinfeld	60
Tuna, avocado and cream cheese layered terrine – Bread basket	56
Wholewheat tomato tart – Angela Day	30

Soups

Beetroot soup – Jana Huefner	156
Beetroot soup with cumin and yoghurt – Norrie caterers	200
Butternut soup – Amy Sara Gamsu	26
Chicken, corn and ginger soup – Tamara LePine-Williams	277
Chicken soup and stock (Golda Meir) – Evita Bezuidenhout	112
Chunky minestrone soup – Elana Wainer	98
Corn chowder – Simply Southern	259
Cream of butternut soup – Gloria Rootshtain	137
Creamy chicken & asparagus soup – Sharon Lurie	232
Curried parsnip soup – Isabel Romberg	152
Dahl soup – Delores Fouché	82
Fresh green asparagus soup – Shelley Bloch	238
Kneidlach – Shirley Meyerowitz	247
Kreplach – Gloria Rootshtain	141
Lamb shank and barley soup – Felicia Kahn	125
Pea and leek soup – Dulcie Braude	92

Roasted pepper soup – Angela Day	30
Subtly spiced lentil & lemon soup – Lisa Brink	182
Thai chicken soup – Feast	120
Thai coconut butternut soup (parev) – Caron Melamed	66
Tomato and onion soup – Dulcie Braude	92
Triple mushroom soup – Annette Kesler	39

Salads

Asian cabbage and papino salad – Shelley Geffen	242
Baked apple salad with pecans and feta – Ina Paarman	148
Beet, apple and carrot salad – Shirley Meyerowitz	246
Beetroot raita (beetroot and yoghurt salad) – Alexis Kriel	23
Butternut and sweet potato salad – Catering by Toubin	70
Cabbage salad – Shirley Meyerowitz	252
Chicken schnitzel salad with a sweet chilli dressing – Raizon Girls	212
Chopped smoked salmon salad – Sharon Glass	226
Giselle salad – Europa Rosebank	110
Green bean, asparagus and feta salad – Susan Greig	270
Green papaya salad – Isabel Romberg	153
Green salad with pesto dressing – Brenda Steinfeld	61
Grilled lamb salad – Kevin Morin	175
Grilled salmon, cucumber salsa & saucy pasta salad – Michael & Ghita Block	193
Health salad – Shirley Meyerowitz	246
Kings salad – Delores Fouché	88
Lettuce wedges with a dill mustard dressing – Susan Greig	271
Mushroom, brinjal and grilled pepper salad – Annette Kesler	38
Mushroom, rocket and pecorino salad – Susan Greig	272
Roast pepper salad – Fay Lewis	116
Roasted mushroom and rocket salad – June Edelmuth	171
Roma salad – Delores Fouché	85
Smoked salmon and sweet cucumber salad – Alan Bender	8
Striped spinach salad – Ellenor Sacks	103
Sweet & sour carrot salad with Chinese pecans – Lisa Brink	183
Tea smoked chicken salad – Contessa	75
Thai chicken salad – Stan and Pete	262
Tomato and mozzarella salad – Pauline Carr	209
Watermelon & arugula (rocket) salad – Myrna Rosen	197

Fish

Authentic curry fish – Franjelica's	129
Baked fillet of linefish with a yoghurt sauce – Alan Bender	9
Baked scottish salmon with noodles and crispy cabbage – Fay Lewis	117
Baked Yellowtail with a Thai cream sauce – Alan Bender	8
Chopped herring – Shirley Meyerowitz	254
Curried orange fish and rice – Dulcie Braude	93
Fish in mustard sauce – Alexis Kriel	24
Fish pie fish cakes – Jewish Princesses	164
Fish supremo – Delores Fouché	84
Fish with olive and parmesan topping – Ina Paarman	149

Gefilte fish – Shirley Meyerowitz	248
Herb crusted salmon with potato and cucumber wasabi salad – Susan Greig	271
Kingclip salsa verde – Brenda Steinfeld	62
Pickled sweet and sour salmon – Simply Southern	259
Red Roman with a tomato basting – Alan Bender	9
Reuben's Danish herring – Reuben's Deli	220
Seared Scottish salmon – Kevin Morin	175
Sensational mackerel / soles – Gloria Rootshtain	136
Smoked salmon & sweet cucumber salad – Alan Bender	8
Spanish kingclip – Shelley Bloch (Taigel Deli)	239
Thai fish parcels – Franjelica's	131
Trout feuilletés – Tamara LePine-Williams	278
Trout tabbouleh – Angela Day	32
Tuna tartar – Ellenor Sacks	103

Chicken

Any time mango chicken bake – Alan Bender	13
Ayam-Lemak (chicken thighs) – Stan and Pete	264
Chicken Venezia – Susan Greig	273
Chicken or turkey a la orange – Alan Bender	14
Chicken satays with a spicy peanut sauce – Raizon Girls	214
Harvest chicken – Simply Southern	260
Hungarian chicken – Evita Bezuidenhout	113
Lemon chutney chicken – Elana Wainer	99
Malay chicken – Bev Cohen & Heather Gluckman	48
Mustard marinated chicken – Myrna Rosen	197
Portuguese chicken breasts – June Edelmuth	170
Roast chicken – Shirley Meyerowitz	249
Roast turkey – Shirley Meyerowitz	253
Southern fried chicken – Alan Bender	13
Tasha's pot pie – Tasha's	282
Thai barbecued chicken – Isabel Romberg	154
Thai chicken sausage rolls – Angela Day	31
Thai peanut chicken curry – Brad Pass	53
The ultimate North Indian traditional chicken curry – Lisa Brink	184

Meat

A bagful of beef – Sharon Lurie	235
Balsamic beef with peppers and sundried tomatoes – Lisa Brink	185
Beef and peppers – Jenny Diner	161
Beef and red wine casserole – Alan Bender	10
Beef ribs – Grillhouse of Rosebank	290
Bobotie – Evita Bezuidenhout	112
Braised shin of beef – Alan Bender	11
Classic pepper steak with thyme potatoes – Alan Bender	10
Cottage pie – Alan Bender	12
Cranberry brisket – Shelley Geffen	243
Curried beef, lamb or chicken – Gloria Rootshtain	139
Gingerbeer brisket – Brenda Steinfeld	62

Lamb roll – Avron Almeleh	42
Lamb tangine with honeyed prunes – Sharon Glass	228
Morroccan lamb – Estelle Sacherowitz	107
Myrna's grilled veal chops – Myrna Rosen	198
Oriental meat patties – Catering by Toubin	70
Osso Buco – Gloria Rootshtain	140
Party fillet – Hilary Biller	144
Portuguese cut steak & chips – Caron Melamed	67
Rare roast (scotch fillet) – Pauline Carr	209
Slow it down lamb shanks & mustard mash – Sharon Lurie	233/4
Succulent scotch fillet – Gloria Rootshtain	139
Sweet and sour meatballs – Catering by Toubin	70
Thai style meat balls – Angela Day	33
Tzimmes – Shirley Meyerowitz	249
Very slow cooked brisket with roast gravy – Alan Bender	11
Whole fillet – Bev Cohen & Heather Gluckman	48

Pasta

Alfredo – Amy Sara Gamsu	26
Artichoke & asparagus lasagne – Delores Fouché	87
Baked tomato risotto – Felicia Kahn	125
Fettuccini with chillies and red pepper – June Edelmuth	169
Penne with a chicken sauce – Sharon Glass	227
Potato gnocchi – Stan and Pete	263
Salmon ravioli – Kevin Morin	174
Smoked trout with buttered herb pasta – Bev Cohen & Heather Gluckman	47
Spinach and feta cannelloni – Norrie caterers	203
Spinach and ricotta cannelloni – Raizon Girls	213
Vegetable lasagne – Dulcie Braude	94

Sauces

Apple and dried mango chutney – Alexis Kriel	22
Chilli lime dressing – Felicia Kahn	124
Mango salsa – Shelley Geffen	243
Mustard sauce – Pauline Carr	209
Tamarhindi sauce – Gloria Rootshtain	138
Tomato and basil sauce – Felicia Kahn	124
Walnut and parsley sauce – Felicia Kahn	124

Vegetables

Aubergine delight – Gloria Rootshtain	137
Baked rice – Dulcie Braude	93
Baked frittata with tomato sauce – Annette Kesler	40
Baked veggie slice – Raizon Girls	215
Bowled over broccoli – Delores Fouché	83
Caponata – Pauline Carr	206
Eggplant – Pauline Carr	206
Fruity bamia or okra – Gloria Rootshtain	138
Lokshen kugel – Shirley Meyerowitz	254

Marinated olives – Pauline Carr	208
Mustard mash – Sharon Lurie	234
Pickled cucumbers – Evita Bezuidenhout	113
Pickled mushrooms – Pauline Carr	207
Potato latkes – Evita Bezuidenhout	113
Potatoes and artichokes – Simply Southern	259
Roast peppers – Pauline Carr	208
Sweet and sour onions – Pauline Carr	207
Veg chow mein – Franjelica's	130

Desserts

Angel pie – Hilary Biller	145
Aromatic roasted fruit salad – Bev Cohen & Heather Gluckman	49
Baked banana and chocolate spring roll – Kevin Morin	176
Bengali bhapa dhoi – Alexis Kriel	23
Berry-mi-su – Delores Fouché	90
Choc swirl vanilla ice-cream with warm fresh berries – Brad Pass	54
Chocolate crème brulee – Amy Sara Gamsu	27
Chocolate mousse cake – Delores Fouché	89
Chocolate pudding (parev) – Shirley Meyerowitz	251
Coconut chocolate limousine – Gloria Rootshtain	140
Coffee cream log – Stan and Pete	265
Compote – Shirley Meyerowitz	250
Contessa green tea tiramisu – Contessa	77
Cookie dough ice cream – Caron Melamed	68
Cranberry pie – Simply Southern	258
Crepes/ Blinis (with orange sauce) – Dulcie Braude	95
Easy chocolate mousse – Bev Cohen & Heather Gluckman	49
Fantastic blender chocolate ice-cream – Shelley Bloch	240
Frozen nougat terrine – Alan Bender	15
Fruit sorbet – Brenda Steinfeld	63
Ginger tea scones – Contessa	76
Golden syrup pie – Alan Bender	17
Green leaves and summer fruit salad – Bev Cohen & Heather Gluckman	46
Homemade vanilla ice-cream – Amy Sara Gamsu	27
Hot chocolate soufflé pudding – Shelley Geffen	244
Hyson caramel rum crème brulée – Contessa	76
Ice cream with rocky road sauce – Estelle Sacherowitz	108
Imbelach – Shirley Meyerowitz	250
Lemon meringue ice-cream – Avron Almeleh	43
Lemon meringue pie – Alan Bender	16
Lemongrass crème brulée – Kevin Morin	176
Mango and passion fruit roulade – Alan Bender	15
Meringues – Alexander's Deli	20
Mexican cream caramel – Myrna Rosen	198
Mississippi mud brownies – Simply Southern	260
Nougatine torte – Sharon Glass	229
Passion-fruit brulée & tuiles – Jewish Princesses	166
Peach melba (with a twist) – Feast	122
Peach tart – Jenny Diner	162

Pear delight – Norrie caterers	202
Sesame ice-cream with sesame praline wafers – Elana Wainer	100
Snickers and Nutella ice-cream – Raizon Girls	217
Spoonful of chocolate – Sharon Lurie	236
Sticky toffee pudding – Angela Day	34
Strawberry confit with basil ice cream – Tamara LePine-Williams	279
Strawberry mille feuilles – Alan Bender	17
Warm chocolate dessert – June Edelmuth	172
White pannacotta – Fay Lewis	118
World famous granola – Simply Southern	258

Cakes, Breads & Biscuits

Almond bread – Thelma Gluch	284
Amaretti biscuits – Thelma Gluch	284
Best Scottish shortbread – Thelma Gluch	284
Biscotti – Thelma Gluch	286
Celebration “Block” Forest gateau – Michael and Ghita Block	194
Challah	224
Challah – Catering by Toubin	71
Challah – Rochel Goldman	223
Challah – Shirley Meyerowitz	256
Chocolate & almond torte – Lisa Brink	187
Chocolate babka – Myrna Rosen	196
Chocolate brownies – Thelma Gluch	287
Cream cheese cake with almonds – Ina Paarman	150
Curdcheese Apricot streusel cake – Jana Huefner	157
Ginger nuts – Thelma Gluch	285
Gingersnap cheesecake – Sharon Glass	230
Honey cake – Shirley Meyerowitz	255
Kichel – Shirley Meyerowitz	256
Lavash breads – Franjelica’s	131
Leek and gruyere challah bake – Jewish Princesses	165
Lemon and Date Tea Loaf – Contessa	78
Lemon meringue cupcakes – Franjelica’s	133
Meringue & date biscuits – Isabel Romberg	153
Milk tart – Norrie caterers	201
Mini white chocolate cheesecakes – Raizon Girls	216
Nutella cupcakes – Lisa Brink	186
Poppy seed cake (Passover) – Shirley Meyerowitz	251
Raisin squares – Thelma Gluch	285
Red velvet cupcakes – Franjelica’s	132
Sticky Earl Grey tea cake – Contessa	79

Cocktails

Kiwi and cucumber martini – Liquid Chefs	178
Martini Zen – Liquid Chefs	178
Mifashioned – Liquid Chefs	179
Passion fruit caipirinha – Liquid Chefs	179

Hats off to all our benevolent sponsors for making this recipe book possible!!!

Alan & Janet Goldblatt
Alan & Judith Lee
Alan & Pam Ziman
Alethea Miller
Amanda Appleby
Angel Family
Anthony & Hayley Nathan
Anthony & Ziona Clacher
Arnie & Doreen Saks
Ashley & Ruth Mendelowitz
Assign Services
Aubrey & Heather Schneider

Barbara Bird
Beefy Meats
Bella
Bidvest
Blue Label
Bobby & Marcia Favish
Bolbrand
Brad & Andy Liebman
Brad & Janine Pass
Bread Basket
Brett & Tia Hetz
Brian & Helene Miller
Brian & Isabel Romberg
Bride & Co
Brixton Furnishers

Café Riteve
Carole Bobrow
Catering by Toubin
CBJ Country
Cecil & Debbie Noach
Charles & Laura Kallenbach
Clive Novis
Colin & Lara Kahanovitz
Cookie & Jeanette Cohen

Dancer's Studio
Darren & Lauren Winterstein
Darryl & Tracey Trapido
Daryl & Sue Egdes
Dave & Estelle Hatchuel
David & Cynthia Gluckman
David & Debbie Jankelow
David & Estelle Taitz
David & Hazel Hack
David & Lisa Neimann
David & Sharon Hirschowitz
David & Tziona Adler
Delores Fouche
Denis & Charmaine Kampel
Dennis & Bev Cohen
Dennis & Bev Feldman
Diane Wolpert
Digital Marketing Services
Dischem
Don & Rosa Barnett

Eric & Mireille Levenstein
Errol & Rochelle Bayhack

Gary & Debbie Meyer
Gary & Fiona Cahn
Gary & Janine Seligman
Gary & Michelle Aserman
Gavin & Batya Cohen
Gillian Horwitz
Gloria Price
Graham & Kelley Colman
Graham & Leanne Cohen
Grahame & Carol Bobrow
Greg & Bronwyn Kinross
Greg & Lisa Solomon

Handmade by Bev
Harley & Gloria Ritz
Harold & Carol Cesman
Hayley Joy
Hossiasohn's
Howard & Sharon Lipschitz

Ian & Colleen Suttner
Ian & Dorothy Bloch
Ian & Linda Shneier

Jack & Inez Brouze
Jack & Thelma Gluch
Jacobs Family
Janys Finn
Jennifer Woolfson
Jerrold Leigh
Jodi Rakusin
Joe & Lila Gobetz
John & Rochelle Ralston
Johnny's Liquor Hypermarket
Jonathan & Tessa Hackner
Jonny & Sue Blou
Jules & Stephanie Urdang
Julian & Glenda Brenner
Just Cruising

Karen Levin
Keith & Lisa Brouze
Kenny & Belle Katz
Kidz ID
King David Victory Park
Kitchenique

Larry & Jodi Gordon
Lauren Frame
Lauren Samakosky

Lawrence & Glynne Wolman
Lawrence & Jenny Gobetz
Lawrence & Marice Smith
Leigh Kaplan
Leonard Himelsein
Les & Dori Weil
Lionel & Heather Shapiro
Lionel & Lindsay Trope

Mannie & Debra Witz
Manor Pharmacy
Manty & Brenda Seligman
Mark & Bendeta Gordon
Mark & Karyn Kadish
Martin & Bev Seidle
Maurice & Glynn Zollmann
Meltz
Mike & Heidi Seid
Mike & Janet Dorfan
Morrie & Brenda Mulerov
Morrie & Lyrice Stoller
Moshe & Gila Sayag
Myer & Cheryl Pincus

Nan Sauer
Natural Expressions
Nicki Schapiro
Norman Goodfellows
Norrie Caterers

Park Village Auctioneers
Patrice & Karen Moyal
Paul & Adrienne Gobetz
Peter & Marlene Noach
Phyllis Seligman

Rae Goldberg
Raoul & Bev Gamsu
Reggies
Reubens
Richard & Deena Kaplan
RJD
Robby & Jo Stoller
Rodney & Leigh Brouze
Rodney & Lorraine Kaplan
Roger & Alethea Miller
Russel & Hayley Kilov

SA Gold exchange
Salli C
Salvo & Jill Hanan
Samson & Phyllis Hyman
Selwyn & Robyn Kahlberg
Shmulik & Carolyn Sabbagh
Siggy & Zelma Meinstein
Simon & Sarah Lemmer
Siyaya Phambili

Stan & Natalie Colman
Steve & Brenda Szewach
Steven & Andy Kramer
Steven & Lynette Goldberg
Stuart & Pepi Tobin
Synchrony

Terry & Shelley Kier
Tessa Machlup
The Fishmonger
The Grillhouse
The Heaven Group
Tony & Dora Knight
Trevor & Kerri Girnun
Trevor & Shareen Richter
Trevor & Vivienne Hosiosky

UFO

Visio Capital

Warren & Belinda Gruskin
Warren & Sandy Gillman
Wayne & Dena Samson
Yossi & Shelli Toubin

Dis-Chem PHARMACIES

Pharmacists who care

Dis-Chem
your
complete pharmacy
for all your
medicine, health and
beauty needs.



**U RING -
WE BRING**

WE DELIVER!

***Terms and conditions apply**



Delivery Fee
ONLY

R 15⁰⁰



www.dischem.co.za
Careline 0800 201 170

*A collection of recipes from your Favourite
Chefs, Caterers and Restaurants*



*Brought to you by the
Jewish Women's Benevolent Society
- Pivotal Branch -*

There's a Great
Kitchen!!!